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ALL THE WAY
TO SOCHI

PAGE 38



Rescuers struggle in Philippines

At a naval base in Tacloban,
there aren't even enough
body bags to collect
submerged victims

PAGE 8

Caught on CCTV cam

In Day 7 of the TEMP series,
Sarah No. 1 makes a
shocking revelation to
Shannon over bento

PAGE 16

Michael J. Fox proves he's still got it

He's 'one of the funniest men
in America,' so was there ever
any doubt Fox's new show
would be a hit?

PAGE 19

Van hailin': Taxis in Toronto may get a bit roomier

Driving change.

Council's 44 proposals
include a wheelchair-
accessible fleet —
one of several points
cab companies oppose

Picture a fleet of wheelchair-
accessible taxi vans, one
waiting at every fire hydrant
in the city, with an owner-
driver inside who might ask
for your fare upfront and will
definitely charge you \$25 if
you spill your drink or throw
up in the car.

This is the future of taxis
in Toronto — if city council's
44 recommendations are
adopted in the biggest
overhaul of the business ever
undertaken.

Previous reviews were
largely successful in improv-
ing cab cleanliness and main-
tenance. This review takes
aim at the ownership struc-
ture, trying to eliminate the
non-driving "middlemen"
that the city says don't con-
tribute to the industry and
drive up costs for all.

Under the aegis of the To-
ronto Taxi Alliance, taxi com-
panies have come out fiercely
against the city's recommen-
dations. Beck Taxi president
Gail Souter, who co-founded
the Taxi Alliance, says mini-
vans modified to accommo-

date wheelchairs cost three
times more than an average
sedan. Their bigger engines
will consume more fuel and
the higher costs will force
fares to rise, she said.

But city Coun. Glenn De
Baeremaeker calls those argu-
ments "a lot of smoke and
hot air."

Additional costs for the
vans will be offset by the
money saved on getting rid
of middlemen, he says, and
fares won't have to go up.

What's more, he says, it's
just the right thing to do.

TORSTAR NEWS SERVICE

It's for all of us

"Everyone will get better service, not just those
with mobility issues."

Coun. Glenn De Baeremaeker



HOUSTON, WE HAVE A PROBLEM

Dwight Howard of the Houston Rockets battles for the ball with Rudy Gay and Tyler Hansbrough of the Toronto Raptors at Toyota Center on Monday night in Houston. Go to metronews.ca for full coverage.

SCOTT HALLERAN/GETTY IMAGES

The
GAME
of

LIFE

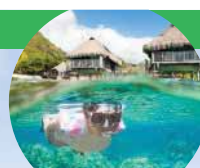
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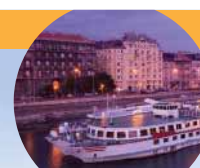
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Travel Industry Council of Ontario

'Let's get it on.' Ford ready to fight



Mayor Rob Ford. TORSTAR NEWS SERVICE

Facing intense pressure from councillors to step aside, Mayor Rob Ford has set the stage for a fierce battle at city hall this week by planning to designate a motion urging him to take a leave of absence as one of his "key" items on the agenda.

Following Ford's first public appearance since his stunning crack admission, he hinted at his apparent strategy for the upcoming meeting with a few words uttered to reporters as he boarded an elevator. "Let's get it on," he said Monday, when asked about why he chose to make Coun. Denzil Minnan-Wong's motion one of his two key items.

According to city communications chief Jackie DeSouza, if Ford makes the motion a key item, "he will be subject to questioning."

Minnan-Wong, a Ford ally and executive committee member, said making it a key item "is the right thing to do."

"He needs to take it head on," he said. "I think it's critically important that council speaks as one voice to say that what he's done is wrong."

There is no mechanism for council to remove Ford, making the motion symbolic, but he said he plans to ask the province to step in if necessary. Intervention would set a significant precedent and would likely be a tough sell to the province. **TORSTAR NEWS SERVICE**

Nixed Scarborough LRT bill climbs again

Costs of breaking up.

City's share of LRV storage facility cancellation will be in addition to \$85M in 'sunk costs' for dumping LRT for subway

Toronto's costs continue to climb following the cancellation of the Scarborough LRT in favour of a subway. But so far, the Ontario government isn't saying where the tally stands.

Last week, Infrastructure Ontario announced it has cancelled an order for a light-rail vehicle maintenance and storage facility that was to have housed LRVs for both the Scar-

borough and Sheppard LRTs.

Among the costs of that cancellation could be some compensation to the three short-listed bidders on the contract, which has been in the works since 2010.

Toronto is already on the hook for \$85 million in "sunk" costs because city council killed the fully funded, seven-stop Scarborough LRT in favour of a \$3-billion, three-stop subway extension to replace the aging Scarborough RT that runs from Kennedy Station to Sheppard Avenue.

IO is still assessing the costs of cancelling the LRV storage facility, including potential compensation to the qualified bidders, said spokeswoman Paulette Den Elzen.

"What's not clear at this

Storage facility

- Among the other costs Ontario has incurred on the LRV facility are the fees to "advisers" such as lawyers or engineers. That total is still being assessed.
- The maintenance and storage facility at Conlins Road and Sheppard Avenue was supposed to house 83 LRVs — 48 for the Scarborough LRT and 35 for the Sheppard LRT.

point is: What do you do for the shortlisted bidders, recognizing the amount of work they've put into preparing their submissions? How do you ensure

they're being treated fairly?" she said.

The shortlisted construction consortia include Plenary Infrastructure, Sheppard Facility Development Group and SNC-Lavalin. There is no prescription for cancellation compensation in the tendering document known as the request for proposals, said Den Elzen.

Also on the list of unknown costs is the renegotiation of the LRV order with Bombardier. Those talks haven't even begun yet, according to company spokesman Marc Laforge.

Bombardier has been paid \$65 million toward the \$770-million Metrolinx contract, he said. But Laforge downplayed the significance of the Scarborough LRT cancellation. **TORSTAR NEWS SERVICE**



To the Philippines, with love from Canada

Volunteers with the Canadian Medical Assistance Teams fold up a tent after testing it on Monday as they prepare to leave Toronto for the Philippines to help with disaster relief. Volunteers also sorted through piles of medical supplies, loading plastic containers with bandages, needles, water purification kits and foldable stretchers. Canadian disaster-response teams are racing to the Philippines to aid hundreds of thousands of displaced and injured people. More coverage, page 8.

STEVE RUSSELL/TORSTAR NEWS SERVICE

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1 NEWS

Movember moves to support men's mental health

Breaking the silence.
Foundation sparks important conversation

York Regional Police court officer Kevin Swain was lying in hospital after a suicide attempt when he realized an undiagnosed case of post-traumatic stress disorder almost cost him his life.

"It wasn't until many years of experiencing nightmares and feelings of depression that I finally did get help," said Swain, a former Canadian peacekeeper in the Middle East who has raised more than \$20,000 for the Movember Foundation.

Movember recently announced it was contributing \$12 million to male mental health initiatives across the country, after several years of fundraising for prostate cancer awareness.

"There's still a lot of men out there that are going through a lot of hard times," Swain said. "They're still stuck on this thought process that they're not supposed to talk about it."

In total, seven organizations, including Kids Help Phone, Ryerson University and the Centre for Addiction and Mental Health, received funds.

The \$350,000 given to CAMH has helped further develop a mental-health strategy in Kettle and Stony Point First Nation — a reserve community near Sarnia.

"There are significant unmet service needs, particularly for First Nations men who have depression," said Julie George, a scientist for aboriginal research at CAMH.

As part of the three-year pro-



York Regional Police court officer Kevin Swain, shown with his Movember moustache, is a former Canadian peacekeeper in the Middle East. CONTRIBUTED

ject, counsellors will meet with a group of about 20 men, with the eventual goal of creating mental-health programs that can be shared in other communities across Canada.

Country director of Movember Canada Pete Bombaci said he hopes by supporting the initiatives it will "create conversations about mental illness and the opportunity for men to open up about challenges that they're facing."

Also new for this year is Movember's MOVE program, which encourages men to be active for at least 30 minutes a

Social stigma

"Those men who are not being treated for depression have a higher likelihood of thinking about suicide." CAMH's Julie George

day.

"If we're all going to get ahead of this curve what we need to all do is to get people proactive about their health," Bombaci said, noting that activity is also a deterrent of mental illness. **MICHAEL GREGORY/FOR METRO**

Kelly: Will media give Ford space?

Deputy Mayor Norm Kelly took to the radio Monday morning to ask members of the media to leave the city's embattled mayor alone should he decide to seek help.

"Everyone has urged him to take a certain course of action, take the time to step aside, get your life in order, come back at the top of your game, govern effectively and campaign effectively, but will the media let him

do this?" Kelly asked Kiss 92.5 hosts Roz and Mocha. "Will you guys give him the space to do this?"

Mayor Rob Ford has been surrounded by controversy since police released hundreds of pages of search-warrant documents and Toronto police Chief Bill Blair confirmed the existence of the notorious crack video on Halloween.

Last Tuesday, Ford confessed

that he had smoked crack cocaine.

On Thursday, a second video — showing the mayor ranting, gesturing wildly and threatening to kill someone — went public, renewing criticism and calls for his resignation.

Ford has remained adamant that he has no reason to resign, but Kelly said the mayor took the weekend to do some "soul searching." **TORSTAR NEWS SERVICE**



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Toronto teen back on the ice after beating cancer

Grace. After months of treatment, Carley Allison, 18, is picking up where she left off

Clad in a sparkling blue dress, Carley Allison glided across the ice, her smooth strides punctuated by pirouettes, sharp leaps and assured landings.

Two weeks out of radiation therapy, the Toronto teen clearly wasn't a cancer patient anymore — she was a competitor, determined and graceful in a junior women's figure skating

contest at the Thornhill Community Centre Saturday night.

For Allison and her family, it was a big step in her welcome return to normal life.

"She has to be happy with that," said her mother, May, beaming as her 18-year-old finished her routine. "I want to cry."

Eight months ago, Allison's life as an athlete, singer and Grade 12 student was interrupted when she was diagnosed with clear-cell sarcoma. Doctors discovered a tumour in her throat, an exceedingly rare position for this type of cancer.

In March she posted a video

on YouTube of her rendition of One Direction's More Than This, which she sang while breathing through the hole in her throat that was made during an emergency tracheotomy.

The performance grabbed the attention of thousands, and Allison used the publicity to raise funds for Princess Margaret Hospital, blogging about her experiences and posting new videos every few weeks.

After months of treatment, Allison's cancer is in remission. Now she's picking up where she left off, focusing her energy on her two passions — figure skating and singing.

"I kind of started to feel I was back to myself," Allison said after she stepped off the ice Saturday night.

"Everyone is so supportive, and I kind of needed everybody behind me," she said. "My mom said to me, 'You made your goal when you got here today.'"

Allison started training on the ice again in September — while still undergoing treatment. Her coach, former Olympian Shin Amano, described how Allison would light up when she re-familiarized herself with her favourite moves: "I could see her face shining," he said. **TORSTAR NEWS SERVICE**



Carley Allison is back on the ice after she was diagnosed with a rare form of throat cancer early this year. CONTRIBUTED

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Santa Claus Parade requires year-round workshop



Alf Iannarelli, Santa Claus Parade GM and creative director.
COURTESY ALF IANNARELLI

So, do elves really work year-round on the Santa Claus Parade floats?

Well, the elves prefer to be called "designers, decorators and builders," but it turns out that making all 22 floats for this Sunday's parade really did take nearly a year.

"There's a lot of thought that goes into it," says Alf Iannarelli, creative director and

general manager of the Santa Claus Parade.

First, the parade design crew brainstorms with the organization sponsoring the float. For example, Lego representatives met with designers early this year and said they wanted a snow scene featuring their classic block-headed figurines.

Then, the design crew heads into the workshop and draws

up plans. In Lego's case, designers had to scrutinize the tiny yellow men using a microscope to ensure their 1.5-metre versions were perfectly accurate.

Finally, one artist sculpts the float before painters and decorators add the final touches. This process can take anywhere between one and seven days per figure. The entire process takes up to three months per float.

That's why the "elves" get started early every year.

"It is an extremely, extremely rewarding payoff at the end," says Iannarelli, an artist by trade who has been with the parade for nearly 45 years.

"When we go down the street, when we watch everyone watching us, it doesn't get any better."

TORSTAR NEWS SERVICE

Here comes Santa Claus

The 109th Santa Claus Parade begins at 12:30 p.m. Sunday at Bloor and Christie. For a full list of floats and the parade route, go to thesantaclausparade.com.

Bangladesh garment workers battle police

Turmoil over working conditions. Violence forces at least 100 factories to close

Thousands of workers demanding higher pay clashed with police Monday in continuing protests over working conditions in Bangladesh's

garment industry.

At least 30 people were reported wounded as protesters hurled rocks and sticks at clothing factories while police responded using tear gas.

The South Asian nation has seen three weeks of bloody political protests, and Monday's demonstrations only added to the chaos.

A government-appointed panel voted last week to raise

Production disrupted

"There is no chance to resume work in factories today (Monday)."

Mustafizur Rahman, director of the Industrial Police saying at least 100 factories were closed to avoid further violence.

the minimum wage for millions of garment workers to

5,300 takas (\$69.36) a month — a 77 per cent raise, but still the lowest minimum wage in the world. The workers rejected the proposal, demanding 8,114 takas (\$104).

Factory owners have not endorsed it either and argue the raise would destroy the industry in a fiercely competitive global market.

Bangladesh is the world's largest garment manufactur-

ing country after China, earning more than \$20 billion US a year from garment exports, mainly to the U.S. and Europe.

The sector employs about four million workers, mostly women.

The country's garment industry has come under scrutiny for its often harsh and unsafe conditions after the collapse of a factory build-

ing killed more than 1,100 people in April.

In another horrific case, a fire last November killed 112 workers.

Mustafizur Rahman, director of the Industrial Police, said thousands protested and at least 100 factories were closed Monday in the Ashulia and Savar industrial areas to avoid further violence.

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Pausing to remember

A Canadian Armed Forces soldier kneels to place his poppy at the base of the Canadian monument for the final Remembrance Day held by Canadian soldiers in Kabul, Afghanistan, on Monday.

COURTESY SGT. NORM MCLEAN, DEPARTMENT OF NATIONAL DEFENCE/THE CANADIAN PRESS

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COMING SOON

UN climate talks. Envoy to fast until he sees hope

The devastation caused by Typhoon Haiyan cast a gloom over UN climate talks Monday as the envoy from the Philippines broke down in tears and announced he would fast until a "meaningful outcome is in sight."

Naderev "Yeb" Sano's emotional appeal was met with a standing ovation at the start of two-week talks in Warsaw, where more than 190 countries will try to lay the groundwork for a new pact to fight global warming.

Choking on his words, Sano said he was waiting in agony for news from relatives, though he was relieved to hear his brother survived.

"In the last two days he has been gathering bodies of the dead with his own two hands," Sano said.

UN climate chief Christiana Figueres also made reference to the "devastating impact" of the typhoon in her opening speech and urged delegates to "go that extra mile" in their negotiations.

Scientists say single weather events cannot conclusively be linked to global warming. Also, the link be-

Plea

"We can fix this. We can stop this madness. Right now, right here."

Philippine envoy Naderev "Yeb" Sano, to the other delegates in Warsaw, Poland.

tween man-made warming and hurricanes is unclear, though rising sea levels are expected to make low-lying nations more vulnerable to storm surges.

Nevertheless, extreme weather such as hurricanes often prompt calls for urgency at the UN talks.

Last year, Hurricane Sandy's assault on the U.S. East Coast and Typhoon Bopha's impact on the Philippines were mentioned as examples of disasters the world could see more of unless it reins in the greenhouse gas emissions that scientists say are warming the planet.

"We can fix this. We can stop this madness. Right now, right here," Sano told delegates in Warsaw, Poland.

THE ASSOCIATED PRESS



A survivor writes a message on their port to call for help in the typhoon-ravaged city of Tacloban in central Philippines on Monday. AARON FAVILA/THE ASSOCIATED PRESS

Victims cry out amid death and desolation

Haiyan continues

Thirteen people die preparing for storm in Vietnam

Haiyan made landfall in Vietnam on Monday as a tropical storm. State media quoted officials as saying 13 people died and 81 others were injured while reinforcing their houses and trimming trees. They said the storm damaged more than 1,300 houses and 39 boats in the province of Quang Ninh. THE ASSOCIATED PRESS

One dead

Thunderstorm batters Croatia

Croatia has been hit by a thunderstorm and gale-force winds that ripped off rooftops and left one person dead and 22 injured.

Winds reached 220 kilometres per hour.

In the capital, Zagreb, trees and rooftops fell on cars as firefighters and rescue services struggled to cope with emergency calls. THE ASSOCIATED PRESS

Tacloban, Philippines.

Rescuers struggle to operate in city ripped asunder by typhoon

Bloated bodies lay uncollected in the streets and desperate survivors pleaded for food, water and medicine as rescue workers took on a daunting task Monday in the typhoon-battered islands of the Philippines.

The city of Tacloban re-

Blasted landscape

"I don't believe there is a single structure that is not destroyed or severely damaged in some way — every single building, every single house."

U.S. Marine Brig. Gen. Paul Kennedy, after taking a helicopter flight over Tacloban, the largest city in Leyte province.

sembled a garbage dump from the air, with only a few concrete buildings left standing.

At a small naval base, eight swollen corpses — in-

cluding that of a baby — were submerged in water. Officers had yet to move them, saying they had no body bags or electricity to preserve them.

Authorities estimated

the typhoon killed 10,000 or more people, but with shattered communications and transportation links, the official death toll three days after the storm made landfall remained at 942.

Soldiers from the Philippines and U.S. were distributing food and water, and assessment teams from the United Nations and other international agencies were seen Monday for the first time.

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Russia. Artist protests 'police state' by nailing his genitals to the ground

A Russian performance artist nailed his genitals to the ground outside Moscow's Red Square in protest over Russia's "police state" as the country marked national police day.

A video shows naked Pyotr Pavlensky sitting just outside

the Kremlin Sunday after nailing himself to the ground. Police first took him to the hospital and then into custody.

Interfax news agency said that a court dismissed charges and released him Monday.

THE ASSOCIATED PRESS



Violence erupts at Polish independence day march

A woman watches the remains of a rainbow sculpture in downtown Warsaw, Poland, Monday. The sculpture made of colourful artificial flowers was set on fire by nationalists taking part in a march marking Poland's independence anniversary. Young Poles torched cars, threw stones at police and tried to climb the fence at the Russian Embassy. Police detained around a dozen people, and Poland's Foreign Ministry spokesman Marcin Wojciechowski condemned the actions on Twitter, saying, "There is no justification for hooliganism." ALIK KEPLICZ/THE ASSOCIATED PRESS

Liberia. Driver charged with using presidential vehicle to smuggle weed

Liberia's Drug Enforcement Agency has arrested the head of the presidential motorcade for allegedly using an official vehicle to smuggle 297 kilograms of marijuana into Liberia from neighbouring Sierra Leone, officials said Monday.

The motorcade commander, Perry Dolo, was arrested over the weekend along with three other men after crossing from Sierra Leone via the town of Bo Waterside, said DEA Director Anthony Souh. The other three men were a Liberian official, a Guinean and a Sierra Leonean believed to be a member of the armed forces, Souh said. He did not provide further details about the men.

The vehicle used in the operation is known as "Escort 1," the jeep that normally leads the president's convoy, Souh said.

"He took the car during his day off to go do this thing. He was not on duty, but he used the official car," Souh said of Dolo.

Journalists were denied access to the suspects because

Report

According to the 2012 World Drug Report from the UN Office on Drugs and Crime, nine per cent of Liberian high-school students use cannabis.

they were still being interrogated at the DEA after their arrest by a joint force that included members of the Emergency Response Unit.

"They are still with me going through the process," Souh said. "We want to speedily send them to court as soon as possible because the case is too high. Using a presidential car? It's too big."

Liberia's DEA has in recent years tried to combat marijuana farming in Liberia's interior counties, which is primarily done for local sale and consumption. However, weak drug laws have made the practice difficult to curtail.

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Bearskin Airlines. Plane crash in NW Ontario kills five; one survivor pulls another to safety

A man who survived a plane crash that killed five others in northwestern Ontario managed to pull a woman to safety before flames engulfed the aircraft, provincial police said.

The Bearskin Airlines plane went down just after 7:30 p.m. Sunday on approach to the Red Lake airport, about 500 kilometres northwest of Thunder Bay, Ontario Provincial Police said.

The twin-engine turbo-prop burst into flames when it hit the ground, and only two people survived.

The two pilots — a 25-year-old from Mississauga and a 34-year-old from Winnipeg — were among those killed.

Three passengers — a 53-year-old woman, a 53-year-old man and a 64-year-old woman — all from Red Lake — were also killed.

The survivors were identified as a 29-year-old man and

Bound for Red Lake

Bearskin is based in Sioux Lookout and has operated since 1963, employing 300 in Ontario and Manitoba.

- There's no word on the cause of the crash.
- The plane was totally destroyed by flames; the woods around were also on fire.

a 50-year-old woman, both from Winnipeg.

"The one male (survivor) was actually the one that called us to report the crash," said OPP Sgt. Rob McDonough. "He was able to pull the woman out of the wreckage prior to it becoming fully engulfed in flames."

The 19-seat aircraft had taken off from Sioux Lookout. **THE CANADIAN PRESS**

Hundreds attend funeral for British veteran, 99

Harold Percival. His friends and relatives are long gone; he'd been part of raid on German dams in 1943

Mourners observed a two-minute silence for victims of war before Harold Percival's coffin, draped in a blue RAF flag, was carried into the chapel to the strains of the Dambusters March.

Hundreds of Britons attended the funeral on Monday of the 99-year-old former Second World War airman they'd never met.

Harold Jellicoe Percival died Oct. 25 at a nursing home in northwest England, with no family or friends still alive.

An advertisement was placed in the local newspaper asking people to attend the service so his passing would not go unmarked.



Hundreds pay respects to Harold Percival in Lytham St. Annes, England, Monday. LYNNE CAMERON/THE ASSOCIATED PRESS

ing would not go unmarked.

The ad was taken up on Twitter, and several hundred gathered Monday to pay respects to Percival, who served as ground crew with Royal Air Force Bomber Command during the war. Scores who

could not fit inside stood out in the rain. Monday was the anniversary of the end of the First World War, on Nov. 11, 1918. The funeral began 95 years to the hour after the 1918 armistice.

THE ASSOCIATED PRESS

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Rev. Alan Clark, who led the service

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JONATHAN HAYWARD/THE CANADIAN PRESS

Cheers to that

Brewskies account for 1% of GDP

A new report from the Conference Board of Canada found the brewing, transportation, sale and consumption of beer contributes \$13.8 billion to the country's economy, or nearly one per cent of GDP.

LUKE SIMCOE/METRO

Brews up jobs

"Beer has been a part of Canadian life for hundreds of years. The beer economy is a significant employer. No matter where people buy beer, they support jobs across the country."

Pedro Antunes, with the Conference Board of Canada

Patriotic pints

85%

Unlike other countries, our beer industry is highly domestic. Roughly 85 per cent of beer consumed in Canada is produced here.

1 of 100

The study found the beer industry supports 163,200 jobs in Canada, meaning one out of every 100 jobs is beer-related.

Wobbly pops still the tops

- Beer is the most popular alcoholic beverage in Canada, accounting for 45 per cent of all alcohol sales and 8.1 per cent of total household expenditures on food and drink.
- Canadians drink roughly 23 million hectolitres of beer annually, or roughly 80 litres per capita.
- The beer economy brings in \$5.8 billion in municipal, provincial and federal tax revenue.
- Yukon residents drank the most beer, at roughly 385 bottles per capita per year. British Columbians drank the least beer per capita, at 205 bottles annually.

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Amazon to deliver on Sundays, in the U.S.

Online mall rats rejoice. Offering delivery every day of the week was on the online retailer's wish list for a long time

Amazon is rolling out Sunday package delivery as part of a new deal with the U.S. Postal Service.

Delivery started on Sunday to customers in the New York and Los Angeles metropolitan areas, but

Amazon and the Postal Service plan to extend service to "a large portion of the U.S. population" next year, the company said.

This includes the cities of Dallas, Houston, New Orleans, and Phoenix. Sunday delivery will be available to all Amazon customers for no extra charge but Amazon expects it will be particularly popular with members of its Prime service, which costs \$79 US a year and comes with free two-day shipping on many

Anticipation

Amazon expects customers "to be delighted that they will get their products on a weekend."

Dave Clark, vice-president of worldwide operations and customer service at Amazon

items on the site as well as access to Amazon's TV and movie streaming service.

"For Prime members, it's free, for non-Prime members, it's like any other de-

livery day of the week," said Dave Clark, vice-president of worldwide operations and customer service at Amazon.

Financial terms of the arrangement were not disclosed, but the deal is likely to give the financially ailing Postal Service a boost. The agency, which lost \$16 billion US last year and expects to lose \$6 billion US this year, had tried but failed to end Saturday mail delivery as a cost-saving measure. **THE ASSOCIATED PRESS**



Amazon is rolling out Sunday delivery across the U.S. Canadian customers are hoping they will be next. ROSS D. FRANKLIN/THE ASSOCIATED PRESS FILE

Random biz fact of the day

6 sec.

Hiring managers spend about 6 seconds on a resumé to look for: Name, current/previous company, title, position start/end dates, and/or education.

CAREERLEAF/NEXCAREER

\$20M suit. Adultery site hits back at ex-staffer

A dating website for married people seeking affairs is dismissing a \$20-million lawsuit as nothing but a "frivolous" claim by an "opportunistic" ex-employee.

Ashley Madison has issued a statement condemning the suit filed by Dorian Silva, who alleges she permanently damaged her wrists typing up fake profiles of women for the site.

In the statement, the company says Silva is exaggerating her injuries in order to support demands for compensation that the company said escalated over time.

The company says it will not give in to what it termed "extortion."

It alleged Silva threatened to go to the press if her demands weren't met.

THE CANADIAN PRESS

War of words

100%

In its statement, Ashley Madison said its service is "100 per cent authentic" as described in its terms of use and "we resent any implication otherwise and are certain we will be both vindicated and victorious in court."



The Toronto Land Transfer Tax is Unfair.

When you buy a home in Toronto, City Hall's LAND TRANSFER TAX forces you to pay THOUSANDS, up front - \$7,000 for the AVERAGE home. It hurts you when you can least afford it, such as when you have to move because your family is growing, or when your retirement needs change. Even many first-time buyers, struggling to save, have to pay. **That's not right.**

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Attempting a turnaround

Sears selling stake in eight properties

Sears Canada Inc. is selling its 50 per cent interest in eight properties for about \$315 million, the national retailer's latest major real estate transaction.

Montez Income Properties Corp. will buy a 50 per cent stake in a joint venture that Sears has with Westcliff Group, which will continue to own the other 50 per cent stake and manage the properties, all of which are in Quebec. **THE CANADIAN PRESS**

Gabriel Resources

Plan for Europe's biggest open gold mine rejected

Stock in Gabriel Resources Ltd. plunged almost 11 per cent Monday after the Romanian government said it wouldn't allow the Canadian company to develop what would have been Europe's biggest open gold mine.

The decision was a boost to environmental advocates and came after 14 years of protest and debate.

THE ASSOCIATED PRESS

Flipboard takes guesswork out of giving

Personal magazine creator Flipboard is expanding into shopping catalogues just in time for the holiday shopping season.

A tool released Monday will allow Flipboard users to display their gift wish lists and highlight their favourite products in a catalogue-like format. The digital catalogues include links so the products

can be purchased by anyone browsing through the selections on Flipboard's application for Apple Inc.'s iPhone and iPad, as well as mobile devices running on Google Inc.'s Android operating system.

Several merchants and websites, including Gap Inc.'s Banana Republic and eBay Inc., are distributing Flip-

board catalogues.

Flipboard's expansion into electronic commerce comes seven months after the Palo Alto, Calif., startup began to allow people to put together digital magazines on their favourite topics. About 4.5 million different magazines have been created on Flipboard so far, focusing on everything from people's favourite

sports teams to eclectic hobbies such as collecting Mason jars.

Many of those magazines include digital ads, providing Flipboard with its main source of revenue. The more than 8,000 publishers who have teamed up with Flipboard also get a cut of the ad revenue.

THE ASSOCIATED PRESS

Growing group

Flipboard has accumulated about 90 million users so far, says co-founder Mike McCue.

- McCue sold his last company, a voice-recognition software maker for \$800 million in 2007.



Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

metronews.ca/temp

Meet the author

Pssst! Want to meet Douglas Coupland?

Tonight, Metro is holding a free reader event with author Douglas Coupland in downtown Toronto at 6:30 p.m.

It will include a reading of *TEMP* by Coupland and a book signing. The event is a partnership between Metro and the School of Creative Industries at Ryerson University. It will be hosted by Metro's man-about-town Richard Crouse and held at the Ted Rogers School of Management.

Free tickets at metronewstemp.eventbrite.ca. **METRO**

Chicken dumplings

Wingin' it in Saskatchewan

While some temp-job postings online sound more inviting than the nine-to-five grind, others will make you appreciate your warm, clean office, no matter how dull. For instance, the help-wanted ad for people to clean poultry barns in Melville, Sask. — a 40- to 70-hour-per-week job with a wage of \$18 an hour. **METRO**



GETTY IMAGES

Temp is Slightly Shocked by Lunch Query

We settled on the Saipan, a Japanese lunch place run by a noisy Belarusian family. It's a quick walk if you cut through the next-door parking lot of AmQex, a defence contractor, and trek over brown grass berms forested with CCTV cameras atop white poles.

We quickly ordered two bento boxes and sat down by a window.

"How's temping?" asked Sarah.

"I get used to feeling disposable."

"You know about the warehouse fire, don't you?"

"Know what?"

"Kevin Taylor's wife started it."

"No!"

"Yes. They caught her on the AmQex cameras."

"Holy moly. Why?" I played dumb.

"Nobody else knows. The Daniel told me."

"Huh."

Our boxes arrived and we quickly ate. Sarah had yet to tell me why we were there — and then she did: "So, are you and Kyle a, um, couple?"

For once I got to roll my eyes. "No! And I keep on feeling like we're two pandas in a Chinese zoo and everyone's waiting for us to mate." I remembered my pledge to be nice. "Why are you asking?"

"Because I thought maybe he and I..."

"Sarah, you're 40!"

"So?"

"I'm sorry. That just blurted out. But really, Sarah, you're 40 and he's maybe 25."

"All the better."

I sucked in a breath. "Well, he's all yours to win, and he may be getting a job at the refineries, so he's ready to settle down, too."

"You think I'm a perv?"

"No. I say go for it and good luck. He can get you discounts on skateboard equipment, too."

"Meow."

"Just wrapping my brain around this." We ate the remains of some oily tempura. Then I realized something: "It was very nice of you to ask me first. For real."

"I'm not a monster. And I'm just not another Sarah Unit around the office."

"I guess not."

Walking back, we approached two older guys with cardboard signs begging at the stoplights, one an Afghan vet, the other guy just old and sad. Sarah and

"I'm not a monster. And I'm just not another Sarah Unit around the office."



I looked at each other. "What are we going to do?" I asked.

"I always give the old guys something because, I mean, what are they going to do, become Walmart greeters? The young guys ... if I think it's going on drugs I don't give. But the Afghan guy doesn't look druggy."

"He just looks so lost and forgotten."

We ended up giving each of them 20 bucks, and Sarah did a cool thing: She asked them each their name, and they were so glad just to be able to say it to someone, and then hear it said back to them — like the world remembered them again. The old guy was Kurt, the younger guy was Darren.

Random fact of the day

Life in plastic, it's fantastic. The name? Not so much ...

- Barbie's full name is Barbara Millicent Roberts. Ken's full name? Ken Carson.

SOURCE: WIKIPEDIA.ORG



When we got back to the office, there were six police cruisers in the lot, cherries flaring. Uh-oh. And vans. And a K-9 unit.

TO BE CONTINUED ...

Random biz fact of the day

18%

Why not speak up — 18 per cent of people never negotiate or make a counteroffer when taking a new position.

SOURCE: NEXCAREER

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AGE IS JUST A SERIES OF 'SHOULDN'TS'

They say age isn't so much a number but a state of mind. And while that idiom might have some truth to it, at 28 years old, my mind and body agree that there are some things I've definitely outgrown. It's not that I'm too old for this stuff, but perhaps I'm just not quite young enough anymore.

Not eating vegetables. There was a period in my youth where I subsisted on a steady diet of coffee, vodka, pizza and sugary breakfast cereals. It wasn't healthy but it was delicious. Nowadays, if I go for more than 24-hours without some form of leafy green I can literally feel my body rebelling against me. I've turned into someone who actually cares about the nutritional content of different types of lettuce and I regularly use the phrase "super-food" without a hint of irony. If there is a way to add kale to my meal,



SHE SAYS
Jessica Napier
metronews.ca

it's happening.

House parties. Don't get me wrong, I love a civilized wine and cheese soiree in the comfort of one's home, but there are certain types of residential bashes that are best left to the younger set. Drinking strong mixed drinks composed of found-liquor in a stranger's kitchen and then playing a round of flip cup with people born in the 1990s — this is not for me. The terrifying bathrooms are a deal breaker on this one.

Slumber parties. Crashing on a friend's couch in an emergency or spending a weekend away at a cottage with a group of friends is one thing, but sleeping over just for the sake of it just seems pointless. I'm sorry, but I happen to be very specific about my pillow density and enjoy being productive in the mornings. If we live in the same city, I can guar-

antee that I'm heading home at the end of the night to sleep in my own bed.

Caring about my ex-boyfriends on social media. The days of cyber-stalking my exes and analyzing every new profile photo and wall post from a beautiful girl are behind me. Maybe I can chalk this one up to my own maturity but it's probably because there are too many engagement announcements and baby photos clogging up my news feed.

Becoming deeply invested in television shows aimed at teenagers. Earlier this year I found myself sick in bed for the weekend and decided to binge-watch *Pretty Little Liars* on Netflix. Am I proud of this decision? Of course not. But now I am regretfully committed to watch (and worse, care about) this mindless teen soap until its ultimate cancellation. And yes, in this case knowing that I am too old for this type of behaviour doesn't stop me from doing it.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Art to give a hoot about



CECELIA WEBBER/SOLENT NEWS

Owl reproduced from nude models

This amazing picture of a flying owl has been given a truly human touch — because the artist has created it out of people.

American artist Cecelia Webber takes hundreds of photographs of nude models and spends up to a year editing them together on her computer to create extraordinary collages. **METRO**

Artist is the subject of work

1

model was used in this picture on an owl in flight — the artist herself.

"I spent about a year trying to perfect that pose of me falling forward," Webber, an American artist based in Montreal, explains. "Then it took about three months for me to complete the rest of the image." Asked if she considers this work to be a self-portrait, the artist answers: "I don't see myself per se in my works. To be frank, I would be really intimidated if I did!"

Birds and bugs make 'poetic' images

Birds and insects are Webber's preferred subjects, as the animals' discrete and distinct body parts are easier to imitate using individual shots.

"It's more difficult to realistically duplicate the fur of an animal," Webber tells *Metro*. "There is something more poetic about a bird shape, for instance. Its feathers are conducive to movement." **METRO**

What's next?



"I would like to create an endangered species next. Reproducing this animal with real human shapes would help rekindle our connection with nature."

Cecelia Webber, artist

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Instagram, a.k.a. ground zero for food porn, is home to filtered flans, videoed vindaloo and all sorts of digitally documented delicacies. While a quick tour through the archives will likely get your stomach rumbling, why not go straight to the horse's mouth and see what celebrity chefs are posting.



METROFILE

@aprilbloomfield:

Two-time Michelin Star winner April Bloomfield (of *Spotted Pig*, *Breslin* and *Iron Chef America* fame) not only knows her way around the kitchen, but also around a camera.

@jamieoliver:

No stranger to social media, Oliver's found quite the social media following. His Instagram account not only shows beautiful food pics, but includes the occasional how-to video.

@davidchang:

While food dominates the Momofuku founder's photo feed, markets, music and sunsets make up a fair share of the Korean-American chef's pics.

Letters

mess is more than just an extremely entertaining freak show.

I was in a cab this weekend in St. Catharines and the subject of our mayor came up within thirty seconds.

"Why is the media picking on the mayor for partying on his own time," the driver asked with some frustration.

The media has failed to tell the story in a way that convinces the die-hard supporters that this is serious business. It is serious business in terms of how Ford has compromised himself as mayor.

Ted Burley, Toronto

It's more shocking than the sordid details that make up the Rob Ford scandal. That is, the enduring approval rating of the mayor among Ford Nation.

The circumstances should have sunk the mayor even among his most loyal followers. But why hasn't it? I suggest the media has done a poor job covering the story, other than laying out the sordid facts and rumours, while making news themselves lying in wait.

It has been an epic fail. This

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DVD review



Man of Steel

Director. Zack Snyder

Stars. Henry Cavill,
Amy Adams

A planet explodes, buildings collapse and heroes and villains battle amidst the debris in Man of Steel, a blockbuster in every sense of the word. The film's most impressive feat, however, is considerably more cerebral: convincing us that the Superman movie we don't need is one that we may actually want — and the thought of a more streamlined sequel is even better. Snyder (300, Watchmen) packs more details into one montage than most directors put into an entire movie. He's in no rush to place thoughtful British actor Henry Cavill (TV's The Tudors) into the revamped Superman suit, or even to have his superhero referred to by name, which barely happens. Instead Snyder luxuriates in making Man of Steel a true origin story, giving us a view of doomed planet Krypton never before glimpsed in innumerable previous Superman movies. Origin stories rarely achieve 100 per cent success since there's usually too much story to their origins. Man of Steel is no exception, but there's reason to hope that future chapters will really lift us up, up and away. Hours of extras, mostly on Blu-ray, include multiple making-of featurettes.

PETER HOWELL

Michael J. Fox shakes off the comedy dust

Surprise success.

Comedian's new show is proving the critics wrong as it gets picked up for syndication

EMILY
LAURENCE
Metro World News

The results are in. Now halfway through the season, Michael J. Fox is proving early doubters wrong with the surprise success of The Michael J. Fox Show. When Fox decided to return to TV full time, people were supportive, but no one was quite sure what to expect. But the show has just been picked up for worldwide syndication and boasts some big upcoming guest stars, such as Sting, who will play himself in the show's holiday special.

The show is loosely based on Michael's real life — he plays a family man with Parkinson's who decides to return to work — but beyond the premise, it has its own storyline separate from the actor's life. "The story of our first season is that after everything he's been through, Michael J. Fox is still one of the funniest men in America," creator Sam Laybourne tells Metro.

On the show, it's Fox's character Mike's wife who pushes him to go back to work, but Fox says in real life, he pushed himself. "I was enjoying my guest appearances (on The Good Wife and Curb Your Enthusiasm) so much that I thought, 'Why can't I do this? What is the unwritten rule that I can't

Family-friendly fun

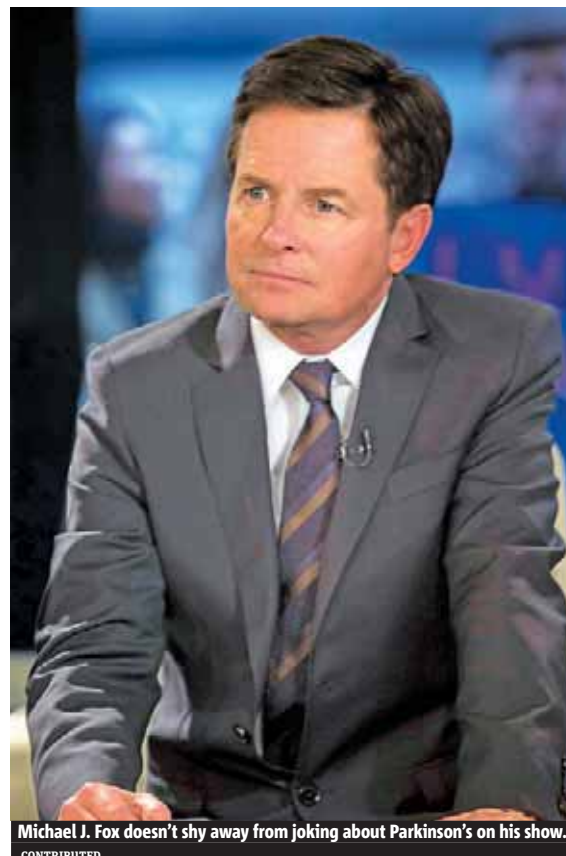
Co-creator Sam Laybourne credits the show's family-friendliness for its success. "My favourite tweet ever I've seen about the show is, 'Watching with my family. We were cracking up like maniacs,'" Laybourne says. Family comedy makes a comeback, it seems.

go back to work full time?' The more I thought about it, the more I thought, 'Why can't I do a show?' I couldn't find a reason not to," Fox says.

"Being a guy with Parkinson's, there's a whole new set of tools for him," Laybourne says. "There was this sort of fear going into it that Michael is somewhat limited. He's not limited. He's using different tools, which are equally if not more funny. He's up for anything."

The show doesn't shy away from joking about Parkinson's, a tactic that is meant to help the audience feel more comfortable with it as the season goes on. Laybourne explains that early in the season, viewers may have felt uncomfortable laughing at Parkinson's jokes, but people that have stuck with the show laugh about it, just as the characters on the shows do.

"We make a lot of Parkinson's jokes on set," Betsy Brandt, who plays Fox's wife on the show, tells Metro. "Michael always says, 'Everybody's always got their own bag of hammers.' It's a little shaking, it's not the end of the world. ...



Michael J. Fox doesn't shy away from joking about Parkinson's on his show. CONTRIBUTED

For everybody, there's going to be something — maybe not a chronic disease, but something — that you struggle with."

"My view of life is coloured by humour and looking at the best in any situation," Fox says. "One of the things I love about the show is that it gives me the opportunity to tell people who

have disabilities or different challenges that they deal with that you can step back into life. You can be a part of life. You just have to allow for the facts of your situation. Instead of hiding that or being in denial about it, put it out there, and that's what I'm doing with the show."

2 SCENE

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Of popcorn and profits

Fantasy dominates weekend box office

Superheroes continue to defeat their foes at the box office.

Disney's *Thor: The Dark World*, earning \$86.1 million, dominated the weekend box office as it opened domestically at No. 1, according to studio

estimates Sunday.

Starring Chris Hemsworth, the Marvel superhero sequel earned \$109.4 million when it opened internationally last weekend and brought in \$180.1 million globally. Overall, it has grossed \$327 million worldwide.

But, come Nov. 22, *The Hunger Games: Catching Fire* is predicted to take the No. 1 spot.

THE ASSOCIATED PRESS

Sometimes it's good to be really, really bad

Successful stinkers.

Film critic Phil Hall talks about the Greatest Bad Movies of All Time

MATT PRIGGE

Metro World News in NYC

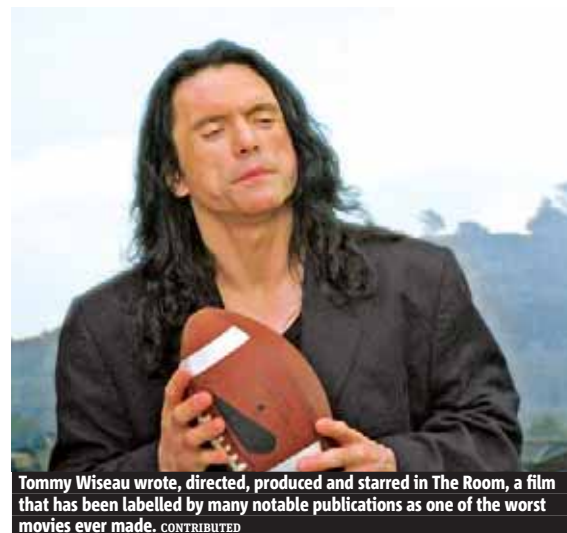
Over the last several years, bad movies have made a comeback. Films like *The Room* and *Birdemic*, plus old discoveries like *Troll 2* have created a cottage industry around uniquely terrible films that hasn't been this strong since the days of Mystery Science Theater 3000. With his new book *The 50 Greatest Bad Movies of All Time*, Film Threat critic Phil Hall, as per the title, chooses not to hang films he considers "anti-classics," but celebrate them. These include not just terrible amateur productions, but lavish Hollywood bombs — and even established greats like Clint Eastwood's *Mystic River*.

When did you become aware that movies could be bad?

I remember as a kid I went to see *Airport '75* in the theatre. I was nine years old and I remember, even back then, thinking, "There's something wrong with this movie. This is not the way grown-ups are supposed to behave."

Not long after that Michael and Harry Medved were releasing their run of books about bad cinema, like *The Golden Turkey Awards*.

I still have them. They're all



Tommy Wiseau wrote, directed, produced and starred in *The Room*, a film that has been labelled by many notable publications as one of the worst movies ever made. CONTRIBUTED

worn out by now. The Medveds can be a little catty and nasty in their writing. But they were the first ones to come out and say, "Yes, there are these 'golden turkeys.' And we love them." Granted, they were making fun of them. I try not to do that. I try not to denigrate people's work, and I don't want to discourage people from seeing these films.

It's a very subjective batch, and not all of the biggies are on here.

I didn't just want to have all the big budget flops or the cheap horror films of the '50s. I wanted to show these wonderfully bad movies existed as far back as the silent era. They stretch through all genres. My favourite is the documentaries. I love the idea of non-fiction films that get their facts wrong.

And you include *The Room*, which is a train wreck made by someone convinced it was a serious, mainstream drama.

That's the beauty of it: Nobody actually was able to stop (filmmaker) Tommy Wiseau and say, "Tommy, you're going in the wrong direction." But he was working independently. A lot of the films in the book are studio releases, and there you're going through committees and commissions and dealing with tens of hundreds of people in the creation. It's almost impossible to imagine that some of these films got into release without anybody realizing they had a dud on their hands.

In one way, bad movies seem to unite audiences like no other kind of film. It's actually a strong example of the magic of cinema.



Film Threat critic and author of *The 50 Greatest Bad Movies of All Time*, Phil Hall. CONTRIBUTED

I find sometimes that people are more enthusiastic talking about the great bad movies than the great films. We can have a discussion of Tarkovsky or Kurosawa, and it can be a very stimulating, cerebral conversation. But you start talking about *The Room* and *Mommie Dearest* and the enthusiasm level ratchets up dramatically. People become more viscerally engaged when discussing why they're so enraptured by these films.

Often times the amateur filmmakers of bad movies will embrace their notoriety. And then there's Halle Berry and Sandra Bullock, who showed up at the Razzies to collect their trophies for *Catwoman* and *All About Steve*.

It goes with the territory. People who've been in the business for some time, they're not that thin-skinned. They realize they'll make great films and they'll make not so great films. But at the end of the day they're making films. They're doing what they love to do.

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"I think being from Memphis puts a lot of soul in my music," says rapper Yo Gotti. GETTY IMAGES

Yo Gotti gets it done in Southern style

Rapper is on 'a good ride'. Performer brings hip-hop to unfamiliar places en route to promoting new album

CHRIS JORDAN
Metro World News IN NYC

Yo Gotti played the historic Orpheum Theatre in Memphis in June.

The evening itself was also historic as well: It was the theatre's first hip-hop show.

"That was a very special moment for me to play at the venue and knowing the history of venue," says Memphis native Yo Gotti, also known as Mario Mims. "It was a very big deal to me, and on top of it we sold it out."

The show was also an ex-

ample of Yo Gotti's DIY attitude.

"I booked the theatre myself because it was my birthday and I do something big in the city every time," he says. "Everybody was like, 'They don't do rap there' and they don't do this and they don't do that. I have the type of attitude where if I'm trying to achieve something, I don't believe in not trying. It took a lot of work but we got it done."

Yo Gotti, the street-smart Memphis wrecker with a hard Southern drawl, gets it done. He's about to embark on a new chapter in his career, as an Epic Records artist. I Am, his Epic debut featuring guest artists T.I., Ne-Yo, Wale, J. Cole and Meek Mill, drops Nov. 19.

The video for Act Right, the album's lead single featuring Jeezy and YG, has been viewed more than five million times on YouTube.

Making of the music

- Yo Gotti started out on the north side of Memphis and sold mixtapes on Beale Street.
- In the last 10 years, he's released numerous mixtapes and also albums on TVT Records and RCA. His biggest hit to date is the 2009 single Women Lie, Men Lie, which featured Lil Wayne.

Yo Gotti is currently touring the U.S. to promote the album.

"I'm on the road and there's a lot of energy," he says. "We get up close and personal with the fans; they get up close and personal with me. It's a good ride."

Bieber's got a belly ache. Singer exits Buenos Aires stage claiming sickness

Justin Bieber is blaming food poisoning for forcing him to quit the stage for the second time during his South America tour. This time he drew boos from a huge crowd in Buenos Aires' River Plate stadium who paid up to \$320 to see their

idol perform up close.

"I'm not feeling too good, I think I'm out of energy," he told the crowd, saying he was sorry and blowing a kiss before walking off the stage with his head hung low.

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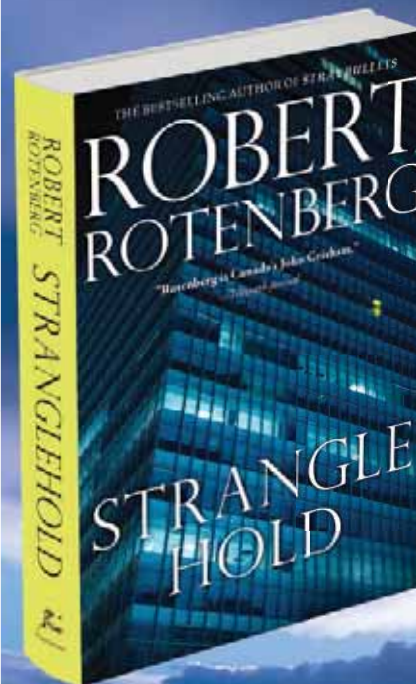


Justin Bieber THE ASSOCIATED PRESS

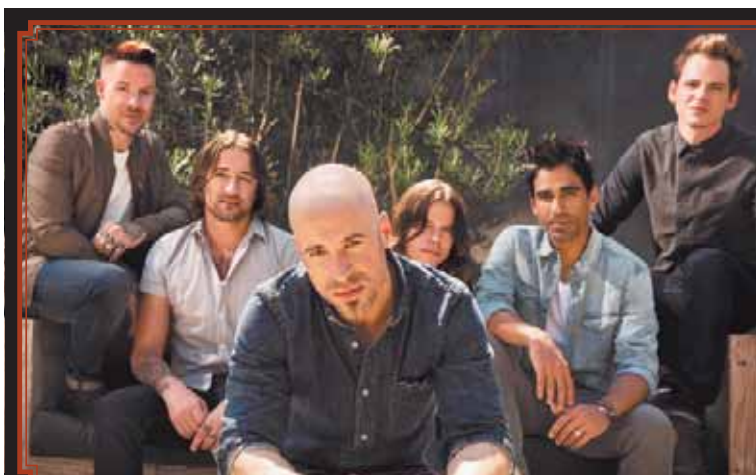
Fact or fiction?

Current events in the City of Toronto echo the plot of Robert Rotenberg's latest legal thriller *Stranglehold*. Everyone is saying he predicted the future for Toronto's mayor.

Read it and find out!



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The Word

Lance Bass ready to say Bye Bye Bye to bachelorhood

Wedding fever has apparently gripped the former members of 'N Sync, with Lance Bass the next to walk down the aisle next year with fiancé Michael Turchin. And he tells Us Weekly that he picked up some wedding planning advice from Justin Timberlake's wife, Jessica Biel, at 'N Sync member Chris Kirkpatrick's wedding earlier this month.

"We were sitting there talking to Jessie Biel, and she gave us a lot of great pointers. And she had some really great ideas," he says. "One really cool idea she had was that, on the invites — because we love our onesies — send out personalized onesies to all our guests so that at midnight after the reception it turns into a pajama party. How fun would that be? I think we might be doing that one."

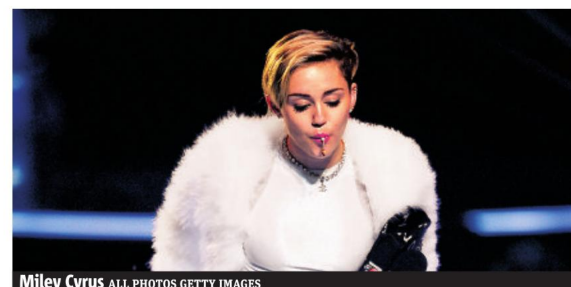
METRO WORLD NEWS



Lance Bass and Michael Turchin.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Miley Cyrus ALL PHOTOS GETTY IMAGES

Miley continues her blaze of glory as she burns one at the MTV Euro awards

Miley Cyrus went for shock value at an MTV awards show once again, lighting up and smoking what appeared to be a joint while accepting the award for best video at the MTV European Music Awards — only American audiences didn't get to see it. In the version broadcast in the States,

the cameras cut away to audience reaction shots as she pulls the joint from her purse, lights it and puffs away.

"No one was expecting that to happen," a source close to the show tells Us Weekly of the stunt. "It was so brazen, so shameless. It was so uncalled for."

Twitter



@JuddApatow

Life may have been better before we knew what everyone else thought so specifically. I liked knowing less people.



@joeldavidmoore

"Was it worth holding in a fart for an hour?" — how men judge a massage

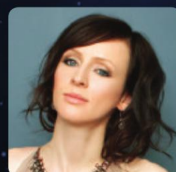
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Half off update



Six weeks ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Ciecwa and registered nutritionist Theresa Albert. Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off. Elisha recently blogged about the fact that some of her clothes are way too big now, and she's going to pack them up and donate them. "I have several sizes of clothing in my closet and getting rid of the top sizes is good, and it's scary. Getting rid of these clothes means there's no going back."

• Read the blog.
metronews.ca/half-off

Fueling future athletes

Nutrition. Women's hockey star Meghan Agosta credits her Mom's healthy cooking for helping to turn her into an Olympian

THERESA ALBERT
life@metronews.ca

Meghan Agosta, who plays forward on the Canadian women's hockey team bound for the 2014 Winter Olympics in Sochi, Russia, says she couldn't have done it without her mom.

As a family with four kids, including avid hockey players, the costs of feeding, schlepping, buying equipment and travelling can get pretty costly, both in terms of time and money. Women's hockey doesn't garner the same kind of attention, scholarships, sponsorships or salaries that men's can. But the game is no less intense.

Feeding a growing athlete isn't easy, but fuelling up before, after and during games is critical.

Agosta's Italian family loves to cook and the athlete recalls baking with her mom, Char, from an early age. According to Char, keeping Agosta in snacks for her 5 a.m. "practise and straight to school" lifestyle was a job in and of itself.

Now, the team has a nutritionist who helps them plan meals, dissects their periodic food logs and gives feedback on blood work.

They wear heart rate monitors for all practices and games and have personal goals to get the best out of their mostly 20 something bodies. But, growing up, it was



Future Olympians need as much help off the ice as they do on it. ISTOCK PHOTOS

all mom's job.

Char says she simply focused on fruits and vegetables and keeping Agosta full. Foods like tangerines during the game and high mineral choices like broccoli and artichoke played a huge role but they were on the roster because Agosta loved them, not because they had a job to do.

Most of the team now says that they eat what they like and are aware of healthy choices but aren't hyper focused on it. On the road, almost all meals are team meals and buffets serve up a hefty

balance of proteins, carbohydrates and lots of fresh vegetables.

There are no special diets or carb avoiders in the group. The athletes know they need a balanced diet to keep them going.

Agosta started playing hockey at age six because she wanted to do everything her brother did. Char says that it wasn't that hard to keep it all moving with a little planning and early meals, which were quite simple. Her key was to always have snacks on hand and to focus on the fun.



Meghan, left, and Char Agosta.
THERESA ALBERT/METRO

Early morning pre-practice meals contained a lot of carbs, like oatmeal, whole grain toast and chocolate milk. Mid-game had tangerines for hydration and quick calories. After practice but before school was a baked good in the car and Agosta remembers eating both at recess and lunch.

Perhaps lending credence to the theory that family meals contribute to a child's success, Agosta's dad, Nino, was big on an Italian family meal at the end of the day.

What comes across loud and clear is Agosta's focus and determination in everything she does from answering simple questions about snacks to playing hockey.

Taking things in stride (even on skates) while staying on track is a fine balance no matter who you are, but getting this far in a sport "designed for boys" takes a special kind of strength that only good food and the support of a good family can provide.

The whole family is grateful for the support of the Thank You Mom program from Proctor and Gamble, which celebrates athletes' mothers through wide-spread campaigns.

3
LIFE



Good friends. Good food. Good times.



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TEMP2710



Natural product approved for stress

Canada recently approved an all-natural product, Rhoziva, to help people combat the effects of stress, trauma, anxiety and mental fatigue. Rhoziva—which passed rigorous testing for safety, efficacy and other standards—elevates mood, supports mental focus and stamina, and improves overall mental health. This powerful antioxidant from Nanton Nutraceuticals is making a difference in peoples' lives. "Our goal is to provide Canadians with an ethical natural herbal product," said Rick Carbone, Nanton Nutraceuticals' Vice President of Sales.

Rhoziva's key ingredient is Rhodiola rosea that is organically grown in Canada by farmers in Alberta. Rhodiola rosea was featured on the Oprah Winfrey Show and highlighted by Dr. Oz, who called it one of his favorite adaptogens.

Canadians are also raving about it. For example, Debbie Duprey of Winnipeg said: "I would highly recommend this product to anyone who is feeling tired, depressed, and/or very stressed. It will calm you down, give you energy and aid you in the ability to deal with life."

Rhoziva is available in local health stores.

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Try the ex-Playgirl diet

Fitness. Holly Madison shares her tips on how to get thin after you give birth and keeping your weight under control all year long

ROMINA
MCGUINNNESS
Metro World News

Hugh Hefner's one-time girlfriend, Holly Madison, talks about how she has stayed trim over the years.

You had a baby in March with your husband, event producer Pasquale Rotella. What were your eating habits like before you got pregnant?

I was a mess. I'd have three huge coffee drinks a day, sandwiches, fries, burritos ... I was a pig. But I stayed relatively active, so I was able to keep a handle on my weight.

As a dancer, and former Playboy model, you're famous for your body. I would have assumed that you were eating well.

When I was in Vegas doing (her burlesque show) Peepshow, my weight would fluctuate quite a bit. I got told, 'You need to lose weight.'

Really? That's terrible.

It sucked. I'd go on a fruit diet for a week, but I was just eating less of the junk I was eating before. And back at the (Playboy) Mansion, I was the tiniest I ever was, and in really good shape. But the kind of mentality that gets drilled into you there, I was always paranoid that I was fat. I'll see an old picture of me at a party, and I'll remember how fat I thought



Holly Madison's secret to weight loss? Make a lifestyle change, not just a change in diet. METRO WORLD NEWS

The Holly Madison Diet: What you need to know

1. The diet is designed to help busy, or pregnant women, and new moms, lose as much excess weight as possible. All low calorie meal plans are tailored to the user's dietary needs. It costs \$9.95/month at edits.com.
2. The recipes (hand picked by Holly herself) balance proteins, carbohydrates

and healthy fats. The idea is that you keep your energy levels up and your weight down.

3. The tips aren't just for women — log on, and Holly will give you tips on what to feed your baby. The diet also offers tips on what to eat and how to lose weight when you are breastfeeding.

just feel miserable.

What exactly is the Holly Madison Diet?

People look for that miracle diet that's going to make them lose weight super fast, but the emphasis should be on health. I want it to be a lifestyle change, not a two-week plan where you crash, lose a little bit of weight, only to then gain it all back.

Do you feel more pressure to look good now that you're a mother?

I've always felt pressure.

Do you agree with this idea that women who've just had a baby have to snap back into shape?

It's something you desperately want to do, but not something you have time for. I say, 'Fake it until you make it.' Even if it's just wearing a corset, or undergarments that squeeze you in and make you feel great.

I was — how I'd incorporated a garter into my costume because I thought I had this one lump on the back of my leg that kind of might resemble cellulite.

Did anyone in the Mansion ever tell you that you were too fat?

No. But there are always better looking women coming along.

Within six weeks of giving birth, you'd lost 30 pounds. How did you manage that?

I only recently started working out again, so diet was a big part of me getting back in shape. I ate more fruit and vegetables, and less meat, dairy and sugar. I still enjoy carbs — I'll crave a piece of bread every once in a while — and it's smart to not cut that out entirely, or you'll

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Scans will be scheduled from October to February and repeated during the summer

Compensation Provided
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Get the most out of your doctor visit

Health advice. Metro speaks to a doctor about what you need to do before, during and after a visit to maximize the experience

You'll only get as much out of your next doctor's appointment as what you put into it. Heed this advice from Santa Monica's Dr. Joseph Pinzone, assistant clinical professor of medicine at UCLA's David Geffen School of Medicine.

Prepare

Like any other meeting, preparation is key. You wouldn't walk into a business meeting unprepared. Strong preparation ensures you'll get the most of your spent with your doctor.

Tell a cogent story

Weaving a clear and succinct story about your medical history will go a long way in helping your doctor help you. Think back to when your health problem cropped up.

Ask questions

Don't leave your doctor's office until you have all of your questions answered. Write down some of these common questions to ask: What is my diagnosis? What is the history of what I'm facing? What



There are a number of things you can do to get prepared for your meeting with your doctor. ISTOCK PHOTOS

is the prescribed therapy? What is that therapy going to do for me — good and bad? What are the likely outcomes of what I am facing?

Ask for an unrushed visit

If you're wrapping up your doctor's visit after five or 10 minutes, then something went wrong. Often, patients are sensitive about wasting their doctor's time. Don't be.

Bring a care partner

A care partner — such as a spouse, family member or friend — can be a powerful tool. When you're engaged in the moment as a patient, it can be challenging to listen. Your care partner can be another set of eyes and ears.

That person can take notes and remind you of tidbits you may have missed.

Emerge with a plan

Don't leave your doctor's office without an action plan. Understand who's involved, what needs to get done, in what sequence and what time frame.

Follow up

Be sure your doctor and staff are following through on their end of the plan, whether it's with a phone call or follow-up visit. Don't assume that no news is good news. Refer back to your meeting notes and double check that you and your doctor are on track. **METRO**

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Stuff the Southwest into kid-friendly sweet potatoes

Kids will love this healthy and colourful dish.

For a little extra flavour, roast the corn along with the peppers. If you like a little heat, serve with hot sauce.

1. Heat oven to 190 C (375 F).

Ingredients

- 4 medium sweet potatoes, about 375 g (12 oz) each
- Vegetable oil
- 250 ml (1 cup) cooked corn kernels (about 2 cobs)
- 250 ml (1 cup) canned black beans, drained and well rinsed
- 125 ml (1/2 cup) diced roasted sweet red pepper
- 3 green onions, sliced
- 15 ml (1 tbsp) ground cumin
- 1 ml (1/4 tsp) each salt and pepper
- 125 ml (1/2 cup) shredded jalapeno havarti, cheddar or mozzarella cheese



This recipe serves four. THE CANADIAN PRESS

2. Scrub sweet potatoes and cut in half lengthwise. Brush cut sides with a little oil. Place, cut side down, on parchment paper-lined shallow baking sheet; bake until tender when pierced with a knife, 35 to 45 minutes. Let cool enough to handle.

3. Scoop out flesh, leaving a 1-cm (1/2-inch) shell.

4. In a large bowl, mash scooped-out sweet potato until smooth. Fold in corn, beans, red pepper and green onions. Season with cumin, salt and pepper. Spoon filling

into shells and return to baking sheet.

5. Sprinkle each half with 1 tbsp of the cheese. Bake until heated through and cheese melts, 5 to 10 minutes. **THE CANADIAN PRESS/FOODLAND ONTARIO**

Health Solutions

You say potato, I say potassium



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

At last count there were 36 varieties of potato grown in Canada and many more heritage varieties. All of them boast impressive amounts of potassium and fibre for their approximately 100 calories. The trick is, you have to eat the skin. Think about using potatoes in these creative ways.

• Baked mashed potatoes: Scrub and poke russet or baking potatoes and bake whole for 45 to 60 minutes. Cut in half and scoop flesh to mash with butter, milk and/or cream cheese. They are fluffier and retain more nutrients than peeled and

boiled recipes.

• Grate a whole potato into an oiled skillet and fry for a few minutes. Top with whisked eggs, cinnamon and sliced apples and pop into the oven at 375 F for 20 to 30 minutes to cook through. The dish has more protein and nutrients than pancakes and is just as yummy with maple syrup.

• Stir extra virgin olive oil, garlic and lemon juice into leftover mashed potatoes and serve as a veggie dip.

And don't you believe the rumours about potatoes — they are actually really nice once you get to know them.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



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Veg chip, dip, repeat

These nutritious and delicious Vegetable Chips With Roasted Pepper Cream Dip are easy to make.

When completely cooled, they can be stored at room temperature in an airtight container for up to two days.

Re-crisp in a warm oven before serving. The dip also makes a great garnish for soups or salads.

1. Using a vegetable slicer, cut carrots, beets, parsnips and potatoes into very thin slices.

Ingredients

- 2 each peeled carrots, beets, parsnips and potatoes
- 45 ml (3 tbsp) vegetable oil
- Salt, to taste
- Dip**
- 250 ml (1 cup) cream cheese, room temperature
- 125 ml (1/2 cup) sour cream
- 15 ml (1 tbsp) lemon juice
- 3 roasted red peppers
- 2 ml (1/2 tsp) grated orange rind
- 1 or 2 cloves garlic, minced
- 30 ml (2 tbsp) chopped chives, plus extra for garnish
- 1 ml (1/4 tsp) ground cumin
- Salt and pepper, to taste
- Chili sauce (optional)



This recipe makes four to six servings. THE CANADIAN PRESS

2. Keeping beets separate, toss all vegetables with oil to coat thinly.

3. Line 2 large baking sheets with parchment paper; arrange all of the vegetable slices in a single layer on the baking sheets. Bake for 15 minutes. Reduce heat to 120 C (250 F); bake for about 45 minutes longer, turning slices at least once,

or until crisped and browned. Sprinkle with salt.

4. Dip: In food processor, purée cream cheese, sour cream, lemon juice, peppers, orange rind and garlic. Stir in chives, cumin, salt and pepper. Top with a swirl of chili sauce, if using, and more chopped chives. Serve with chips. **THE CANADIAN PRESS/FOODLAND ONTARIO**

SECURE YOUR FINANCIAL FUTURE



ISTOCK/THINKSTOCK

According to a recent survey, many Canadians not only feel they aren't in control of their own finances, but they feel pressured to keep up appearances, despite the financial strain.

To help counter those concerns, Credit Canada Debt Solutions has been a driving force behind Credit Education Week, an annual event now in its seventh year

designed to promote sound financial management.

"Many people feel that they have little control over their debt challenges and that can add a tremendous amount of stress to their lives," says Laurie Campbell, the CEO of Credit Canada Debt Solutions. "What we hope to do with Credit Education Week and through discussing

these survey results is show that people can make a tremendous impact on their personal and financial well-being just by taking action and educating themselves."

Some key results of the survey include:

- More than half (52 per cent) of all Canadians don't feel in control of their own finances.
- Only one in six (17 per cent) feel they

are ahead financially from where they thought they would be at this point of their lives.

- When going out with friends, 44 per cent of Canadians say they feel pressure to spend more than they can afford.
- One-third (32 per cent) of Canadians are not living on a budget.

Other survey findings show that financial challenges can lead to marital strife. More than 30 per cent of respondents have argued with their significant other over spending habits, and one-third believe their partner's spending habits is hurting their financial goals.

Credit Education Week, a nationwide event that runs through to Friday, offers a number of events, speakers, and seminars designed to improve financial awareness and promote fiscal management techniques.

"Communication is key," Campbell says. "Whether you're concerned about your partner's spending or you're already in debt and avoiding doing something about it, talking to someone, getting good advice, and taking action are all keys to securing your financial future."

For more information about Credit Education Week, visit cewc.ca. For more information about Credit Canada Debt Solutions, visit creditcanada.com/.

— Jason Menard

CREDIT EDUCATION WEEK

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'TIS THE SEASON

BUT TRY TO KEEP YOUR HOLIDAY SPENDING IN CHECK

Credit Education Week falls during the time when many start their holiday shopping. But with a little care and planning, finding the perfect gift for everyone on your list doesn't have to come with long-term financial stress.

"The holiday season can put a tremendous amount of financial stress on a family," says Laurie Campbell, the CEO of Credit Canada Debt Solutions (CCDC). "From finding that must-have gift, filling kids' Christmas lists, or taking advantage of post-holiday sales, there are plenty of opportunities for people to overspend and find themselves in a budgetary crunch once the new year arrives and the bills start coming in."

In a recent CCDC survey, results showed that more than one-third (37 per cent) of Canadians report spending



ISTOCK/THINKSTOCK

outside their budget for a savings event (such as Black Friday, Cyber Monday, or Boxing Day), and that the average amount a person overspends at events like these is \$291.

"In addition to gifting, the holidays also tend to be a time where people eat out more often or entertain friends," Campbell says. "The survey showed that many Canadians feel pressure not to appear 'cheap' in front of their friends, and that can cause challenges down the road."

So what can people do to ensure they unwrap the gift of fiscal prudence this

holiday season? Here are a few key steps:

- Know how much you have to spend and stick to it. Writing a list may help.
- Compare prices in different shops and stores to ensure you are getting the best price.
- Don't forget price-matching and online applications, which can be downloaded for free. "Most of the major department stores will price match," Campbell says. "With the apps you can scan an item and it will give you prices online at different stores. Use the Internet and apps to save money this season."

• Consider in-store credit options carefully as the repayment interest can be prohibitive.

• Be honest with friends and family — don't overextend yourself for entertaining. It's OK to say, "It's an expensive time of year. We'd rather not eat out tonight."

After all, 'tis the season to be jolly, not to add undue stress and cause financial friction in your home.

For more budgeting tips, visit creditcanada.com/money-management/how-to-create-a-monthly-budget.

VALUABLE LESSONS

In order to get young Canadians thinking about smart money management, Credit Canada Debt Solutions (CCDC) gives students the chance to win a financial prize for answering a two-part question: 'What's the dumbest thing I have ever done with my money and what did I learn from it?'

As part of Financial Literacy Month, in conjunction with Credit Education Week, Credit Canada is proud to announce its three essay winners:

- First place (\$5,000 prize) — Toronto's Samantha King with her essay titled, An Empty Glue Bottle, Dora the Explore Stickers, and a Single Cork Sandal.
- Second place (\$3,000 prize) — Edmonton's Tess Lamer.
- Third place (\$2,500 prize) — Kyle Fisher from Whitby, Ont.

"Getting students to think about making smart financial decisions can be a challenge at times," says Laurie Camp-

bell, the CEO of Credit Canada Debt Solutions. "It's not always a fun topic and many students have limited experience with money. Some may have part-time jobs, but for the most part it's not something they have a lot of familiarity with.

"This essay contest helps us get these students thinking about financial decisions and their ramifications in a way that's fun and relatable."

King's winning essay detailed her experience at a department store's closing sale that let customers fill a bag for \$5. Seven bags, and \$35 later, she returned home to discover that her impulse buy resulted in nothing but junk. King, who described herself as normally financially prudent, said she learned that sales are not always the deals they profess to be since impulse buys you don't need or want aren't really deals.

"We received some incredible submissions for our essay contest and what



PHOTODISC/THINKSTOCK

we're happiest about is the fact that these students all learned valuable lessons that will help shape their future spending," Campbell says. "The fact is we all make mistakes, but the key is learning from them. These essayists have already shown

an ability to do just that."

CCDC is running another essay contest for high school students from grades nine to 12. For more details, visit creditcanada.com/money-management/grade-9-to-11-essay-contest.

Want to control your gambling? OLG is working with counsellors to provide the help you may need.



OLG offers a voluntary Self-Exclusion program and works with debt and treatment counsellors across Ontario to ensure our players have access to free and confidential support services.

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For more information about OLG's voluntary Self-Exclusion program, visit **KnowYourLimit.ca**.

In the Metro-Toronto area, to reach a problem gambling counsellor and to inquire about registering for the Self-Exclusion program, OLG encourages you to contact:

Problem Gambling Institute of Ontario at the
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What's it like to be wealthy at 19? Ask Madeon

Money management.

This French teenage DJ has millions of fans, with hits on MTV, YouTube and FIFA 13. Did millions of dollars follow?

MICHELLE CASTILLO
michelle.castillo@metro.lu

Nineteen-year-old Madeon started his career as soon as he hit double digits. Now, the electronic dance music prodigy (real name: Hugo Leclercq from France) is a veteran. Metro caught up with the DJ to talk about how he made it happen so young. His answers may be as inspiring as his anthemic songs.

How did your love for EDM

(electronic dance music) start? I became interested in electronic music long before it was really marketed as EDM. I just came across it in a very normal way being French, seeing Daft Punk on TV and some of those bigger, more mainstream records. I could tell right away it was a really different sound from everything else I was exposed to and I wanted to hear more.

Did you want to be a musician from the very beginning?

I first got interested making music when I was 10 or 11. I started recording myself with a spoon making noises, trying to make loops and noises. DJing and performing came much later, when I was 16.

Pop Culture, your first YouTube hit, is amazing because you don't just sample songs

from Daft Punk and others, but we see you doing it live. Can you walk me through the moment when you realized it was a smash?

I was on a summer vacation with my parents. We didn't have an Internet connection there, so we just tried to go online on my phone to check regularly what the views were like. I could see it was doing OK, so I was happy. I think by the end of that vacation it had a few million.

Most teens your age haven't even started a full-time job. What is that like?

The way I approached it was I wanted to learn as much as I could about production and composition. To ensure that by the time I was 18, I would be enabled to have the tools to make it a career. Life happens. I stopped school a little earlier, and I started making music more proficiently before that. It was always my desire.

What did you buy with your first paycheck?

When I did remix competitions, one of them was a \$500 cash prize. I didn't have any cash, so I did that and I won it. I used the money to buy a really nice keyboard. I don't really spend money. Well, on flights, and on the routine and things, but the thing is my studio is pretty humble. I still use the same speakers I've used forever. I still use the same keyboard I bought at that time.

What's the first luxury item you bought?

My first yacht was for my number one. I'm kidding! I guess an iPhone? I just walk around with it non-stop with my headset, listening to my entire music collection on shuffle. Right now I have 6,000 (songs) on my iPhone, but I have a lot missing.

How does it feel to have a song on FIFA 13?

Some songs became really iconic through their appearance in that game. Blur's Song 2 became really iconic in the U.S. It's great. When we released it, I was weird about it because it's not a classic dance song. It's a weird tempo. It's a different vibe from everything else. I actually don't play the game!

According to Forbes, the most successful EDM artist now is Tiesto, who brings in millions each year. Have you joined that club?

Are you literally looking me in the face and asking me if I made a million? That's pretty daring! I actually have zero clue about my finances. All I know is I'm making a living, so I'm not fearful of being on the street just yet. I just spend a lot of money on building a good show. There is a thriving scene, and it is profitable. I try to make sure that it enables me to do cool stuff instead of buying me a car that looks nice.

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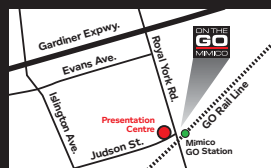


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Presentation Centre

Located in Coronation Park at the corner of Judson Street and Royal York Road (across from the Mimico GO Station).



RUKES.COM

Have a listen

- **Pop Culture.** This sample-heavy YouTube video launched Madeon, and now has 19-million-plus views.
- **The City.** The anchoring track on his EP, and the one you've jogged to before (or should).
- **Finale.** The ultimate sign he's arrived: Madeon's got a track on the FIFA 13 soundtrack.



WIN 1 of 3 electric bikes from Blue Avenue

Visit clubmetro.com for your chance to WIN 1 of 3 electric bikes from Blue Avenue located on the Queensway. Three different models to be won; Scorpion, Bison and the grand prize of the Mayhem model.

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Got your eye on temp work? Take note of these survival tips

Employment. Having a plan for approaching agencies and knowing what to do on the first day of work can help smooth the way into this field of recruiting



YOUR MONEY
Alison Griffiths
money@metronews.ca

Whether you are in IT, hospitality or engineering there's a temp agency recruiting in that field. Statistics Canada has tracked the increase of temp workers from just over 11 per cent of the workforce in 1997 to 13.6 per cent in 2011.

The numbers can be interpreted as proof of deterioration in employment, or movement to a more flex-

ible workplace. Either way, there's no question that the temp field can offer an entry into the labour market or even an ongoing career.

Shari Angle, vice president with Adecco, Canada's largest temporary recruitment agency, offers some tips on becoming a temp worker:

- Research the agency. Some offer services that are very specialized.
- Map out what types of jobs you have experience in and what type of work you would be willing to do.
- Map out the specific times and hours per week you are available to work.
- Contact your job references informing them that you are actively seeking employment because they will be called.

To make temp work a little less disorienting, have a checklist of questions to be answered before the first day of work:

Budgeting for the temp life

- It can be challenging to manage a temp-worker budget, because your hours can vary widely.
- First, establish your monthly essentials amount, including rent, car payments, utilities and so on.
- Then have the paycheck deposited into a savings

account and transfer only the must-spend sum into a chequing account. The idea is to sequester a savings cushion in case there is a dry patch.

- Once the work starts to flow you can ease up the spending restrictions but try to keep two to three months of expenses stashed in savings.

- Where do I park?
- Where is the staff entrance?
- What is the dress code?
- How do breaks and lunch work?

Angle also recommends workers ask for a "go-to buddy" for day-to-day questions.

Temp workers are paid by the agency, which will supply

the T4 slip for tax purposes. Adecco, for example, pays employees weekly but other agencies may have a different policy.

Some agencies offer benefits to employees on long-term assignments and access to training programs.

As with any job, those who are reliable and flexible jump to the head of the list for future employment.

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OPPORTUNITIES & ADVANTAGES OF A POST-SECONDARY DEGREE

More than ever, students need to understand that attending a post-secondary institution provides opportunities and advantages that others might find lacking later on in life.

Today, the global economy is becoming more competitive and, in order to improve the chances for a well-paying job, a post-secondary education is extremely important.

According to many studies, the fastest-growing jobs of the future will require some post-secondary education or training. Graduates can earn twice as much as high school diploma holders. Many economies are shifting to knowledge-based from manufacturing-based. A post-secondary education serves as a gateway to better options and more opportunities.

Attending lectures from experts in the field, and reading and researching encourages students to think, to ask questions and to explore new ideas. All this adds to a student's development and growth, and provides post-secondary graduates with an edge over those who have

only graduated from high school. Post-secondary life also provides one with valuable connections and resources, adding to the number of options available after completing graduation.

The variety of courses and programs can be as specific or generalized as you require.

A post-secondary education is the best possible way to insure higher earning power after graduation. Companies are looking for well-rounded employees who can hold a conversation with confidence, and a post-secondary degree signifies the level of discipline, effort and intelligence of which most employers seek.

In fact, in keeping up with the increase in demand by mature students, colleges are offering more options for students who wish to return to their education even after they have entered the work force. People now realize it is never too

late to increase your earning potential or improve your chances of being promoted by seeking a higher education. Whether it's people taking a break from their jobs or switching careers and resuming their education, or those students who are returning to complete an education that was left unfinished the first time around, schools now offer special online and accelerated courses, as well. This allows even more options for those who are juggling careers, family, and their education.

The truth of the matter is that there are no disadvantages to graduating with a post-secondary degree program. Along with increasing one's earning potential and promotion potential, the most important improvement occurs with one's self-image. A college education gives you a sense of accomplishment and confidence that may just be what is needed in your professional and personal life.



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MAKING EDUCATION DREAMS A REALITY

SPARK YOUR PASSION AT GEORGE BROWN

Unlike many people who enter the trades, Benjamin Valliquette Kissell is not in it for the money.

His passion was first sparked at a young age by watching his father work around the house and getting to play construction worker for a day. Now, many years later, that passion has turned into a successful career in construction.

Kissell recently graduated from the Centre for Construction and Engineering Technologies at George Brown College and is now a project co-ordinator for Gil-lam Group Inc.

Kissell is a great example of how a solid education can lead to a successful career. After spending time volunteering overseas, Kissell realized the value of the quality of education available to him in Canada. Upon returning home, he sought out a school to help him make his new

educational dreams a reality.

"George Brown had the degree credential with the focus in construction I was looking for," Kissell says. "It has taken me beyond where I wanted to be and has made me realize dreams I did not even know I had."

While at George Brown College, he participated in international study, co-op placements, and completed dual degrees, all while working a part-time job and tutoring engineering students in math.

In less than five years, Kissell had completed nine years of education.

"I really took the bull by the horns as I was very excited to get into the field," Kissell says.

Kissell credits his new career success to more than just the practical knowledge he received, but also to the industry connections that George Brown College



CONTRIBUTED

fosters. This includes meeting his current employer through connections at George Brown College.

Taking part in an international work study in China has also given him insight into another culture, which has proved valuable in his latest project working on a Taoist temple in Markham.

Overall, Kissell hopes his bachelor of

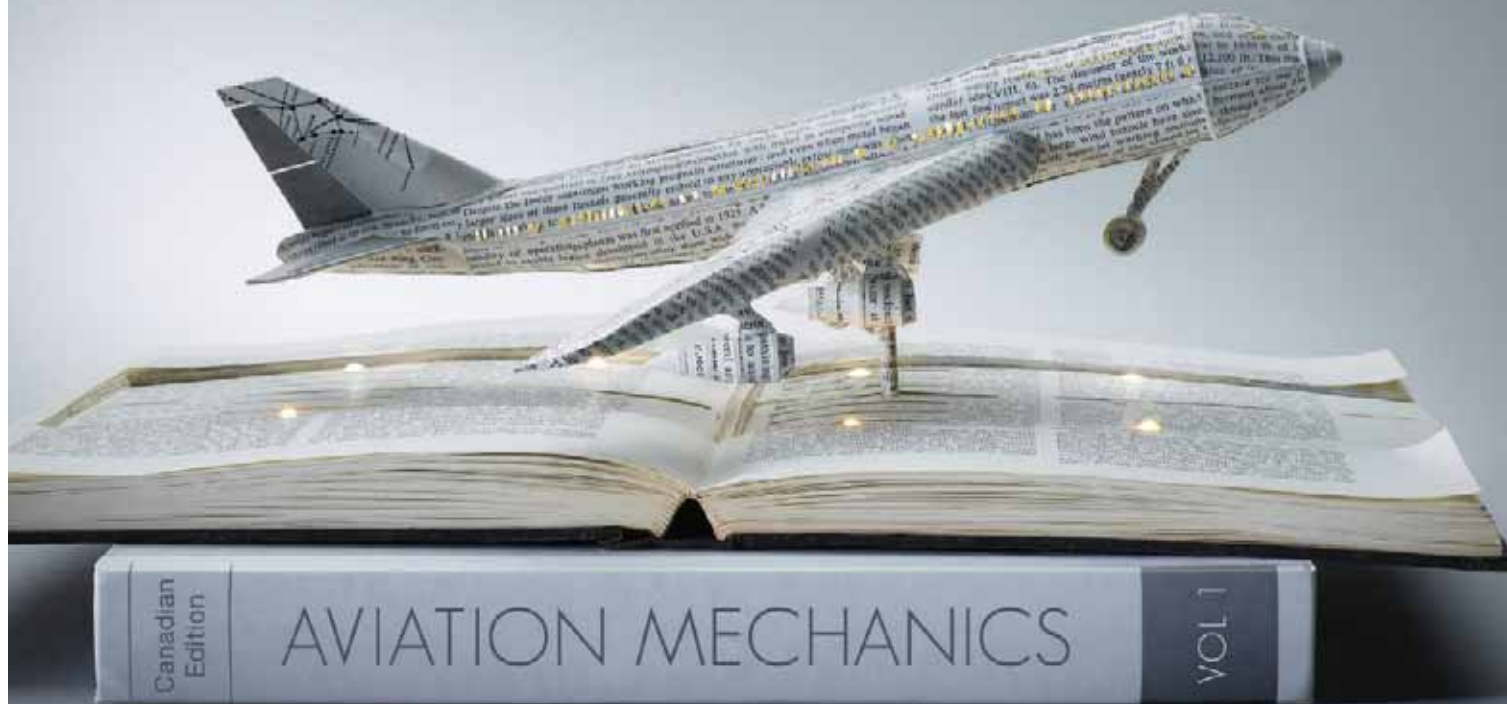
technology in construction science and management, and advanced diploma in construction engineering technologies from George Brown College will help him make a difference and improve the lives of others around him.

For more information about this program and others available at George Brown College, visit georgebrown.ca.

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CRITICAL THINKING SKILLS ARE ESSENTIAL

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In short, a college education is rooted in critical thinking. Critical



GEORGE DOLGIKH/COLOURBOX

thinking involves the use of reasoning and logic to solve problems or make decisions.

When you examine two objects for similarities and differences, this is utilizing the skills of comparing and contrasting. This concept involves identifying similarities or common characteristics, and contrasting involves identifying differences. Using this analytical application can help discover details that you might have otherwise overlooked.

Using your knowledge about one situation to make sense of similar situation is the skill of applying concepts. Relating two situations and being able to transfer your knowledge from one situation to another reveals your understanding of that particular concept. Applying concepts skills are used throughout the science field. Conducting experiments and applying learned data to solve different problems is a good example of applying concepts.



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STUDY LAW IN THE U.K. AT THE UNIVERSITY OF LEICESTER

Studying law abroad at the University of Leicester in the U.K. not only gives you an international element to add to your resumé, but it will also provide you with an incredible network once you have graduated from the program.

"There is a tremendous overlap with U.K. law and Canadian law so it will be beneficial to your application of law in Canada," says Dr. Troy Lavers, co-ordinator of the senior status LLB, school of law, University of Leicester. "If you go abroad you will be able to access a legal education that you may not be able to get in Canada, you will have an

opportunity to develop links with the U.K. and with the other 250 Canadians studying at Leicester."

The University of Leicester offers several LLB programs, including a four-year LLB that features a year abroad with one of the partner universities.

Lavers says the most popular for Canadians is the two-year senior status LLB for graduates with at least a B—average in university, and the three-year LLB for non-graduates.

The University of Leicester has the largest number of Canadians studying law in the U.K., and graduates have successfully returned to Canada to be accredited to practise law in Canada.

For more information about the LLB program, visit le.ac.uk/law/canada.

School of Law

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- **Thursday 14th November**, 7pm, Room 12102, Desmarais Building, U of O, 55 Laurier Avenue East, Ottawa, K1N 6N5
- **Monday 18th November**, 7pm, Room 1170, Bahen Centre, University of Toronto, 40 St George Street, Toronto, M5S 2E4
- **Saturday 16th November**, 3pm, Room 1130, Bahen Centre, University of Toronto, 40 St George Street, Toronto, M5S 2E4
- **Thursday 21st November**, 7pm, Room A 1043, Arts and Administration Building, Memorial University of Newfoundland, Elizabeth Avenue, St John's, NL, A1C 5S7
- **Sunday 17th November**, 1pm, Room 1CD, McMaster University Innovation Park, 175 Longwood Road South, Hamilton, L8P 0A1

Details of how to apply can be found at www.le.ac.uk/law/canada

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A FOREFRONT OF INNOVATION

SHERIDAN COLLEGE

Sheridan College aims to shape the next generation of computer scientists in the mobile computing field through the new bachelor of applied computer science (mobile computing) program.

“The bachelor of applied computer science (mobile computing) is for students who want to be at the forefront of computer science innovation,” says Dr. Ed Sykes, PhD (computer science), PhD (education), program co-ordinator, professor at Sheridan College.

“The curriculum has been designed to engage, challenge and excite students in the field of computer science and mobile computing.”

Students will study software development, designing next-generation mobile applications, implementing pervasive information systems, and analyzing and planning wireless networks.

“The program fosters an entrepreneurial spirit that embraces the mobile movement and is poised to create tomorrow’s leaders in the new age of mobility,” Sykes says. “Collaboration

with industry, both through work terms and applied research, will provide graduates with numerous exciting job opportunities in this rapidly growing field.”

While Ontario is poised to be a mobile leader in the global market, Sykes says recent findings suggest the province lacks a suitably skilled pool of people who can meet the growing demand to develop applications for new and emerging mobile platforms and devices.

This degree offers a balance of core computer science, mobile application development, wireless networks, and liberal arts (breadth) courses.

“Graduates will be well-rounded computer scientists ready to compete in both the local and global economies,” Sykes says. “Furthermore, graduates of the program will be extremely well-prepared to be productive in this emerging market of mobile computing.”

Sykes says they will also be well-prepared to pursue higher education qualifications such as masters and doctorates in computer science.

For more, visit sheridancollege.ca.



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HELP DEVELOP YOUNG MINDS

The Centennial College early childhood care program is a two-year, post-secondary program providing training to those interested in working with infants, toddlers, preschool, and school-age children in a variety of early childhood settings.

The course content helps students acquire knowledge and skills essential to work as a professional in settings including childcare centres, Ontario Early Years programs, and full-day learning (kindergarten).

"The program offers participants in-class opportunities to develop an understanding of content related to child development, curriculum development, working with families, and the important role of interactions and relationships," says Pauline Camuti-Cull, co-ordinator, early childhood education program, Centennial College, Progress campus.

"Supporting the student experience is the opportunity to apply what is learned in the classroom in a variety of field placement experiences."

Students work with young children to put the skills they have learned in the classroom to the test.

"The critical skill of developing safe and enriched environments, which optimizes the child's growth and well-being, is core to all elements of our practice," Camuti-Cull says.

Centennial College operates two state-of-the-art childcare centres as part of the program. One is located at the Progress campus and the other at the East York Civic Centre.

"The field of early childhood education is currently experiencing a transformation — it is immersed in transition," Camuti-Cull says. "Current shifts in service delivery will increase opportunities for employment in kindergarten programs where our students are hired as teaching assistants (in) before- and after-school programs."

She adds that graduates find employment in their lab school facilities, daycare centres including City of Toronto agencies, the Toronto District School Board, and Ontario Early Years programs.

"The increased need for professionals continues to be affected by current research and evolving trends."

For more information, visit centennialcollege.ca.

To find out more about Centennial College and the success of its students, follow along with the Metro News digital feature on the Metro News app or online at metronews.ca/features/from-classroom-to-career-success/.

The next best thing to a Hollywood hit

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YouTube filmmaker turns hobby into his own money-making, full-time company



TAKARA SMALL
Metro News in Toronto
@takarsmall

Who: Corey Vidal

What: Canadian YouTube personality-cum-filmmaker

Where: St. Catherine's, Ont.

Why: "The goal isn't necessarily another viral video. The goal is to make consistent content and build an audience that keeps coming back."

Its content may lean more towards hijinks than high-end cinema, but YouTube has be-

E-laborate

• Go to metronews.ca/mom-and-pop-shops or follow @TakaraSmall to find out how you can turn your business or startup into a brand with YouTube

come the medium for sharing user-generated videos. For the early adopters of the video platform, the hobby has become a full-time, paying (yep, you read that right) profession and burgeoning business.

Corey Vidal, 26, was in town to host and promote Buffer Festival: the company's inaugural YouTube festival with fans and video makers from around the world. Think Toronto International Film Festival (TIFF) but with smaller screens.

"At first it was a couple bucks and then a couple hundred bucks," says Vidal of his early days on YouTube. "And in late 2008 I had a video go viral and it



Metro's Takara Small poses with YouTube success story Corey Vidal. Vidal emphasizes that one of the biggest overlooked platforms for businesses and startups these days is video blogging, where owners can connect directly with their audience. CONTRIBUTED

was enough for me to quit my job and do YouTube full-time."

Vidal jump-started his YouTube career with a series of step-by-step instructional

dance videos filmed in his basement, such as Ciara's 1,2 Step and Michael Jackson's Thriller, but what really pushed him into YouTube fame was his a-capella ver-

sion of the Star Wars Theme song (Go to metronews.ca/mom-and-pop-shops to see more).

Seven years later the entrepreneur has travelled

around the world, worked with celebrities and first class production companies like LucasFilms and turned his online fame into a small business. In 2011, he even started his own production company called ApprenticeA Productions that works with corporate sponsors to create new content.

"I was just lucky that I got in there super early and got to ride the wave and as YouTube got more popular my videos got more popular," he says.

But that doesn't mean there isn't hope for the next generation of YouTube hopefuls looking to make a name for themselves and their brand on the popular video blogging platform.

"The pie on Youtube is infinite. ... The recommendation is to make consistent videos," he says.

"Having the viral video is great, but I think it's more of a success to be able to keep making videos and have people keep watching."

"I think people could absolutely get started today."

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Lightning centre Steven Stamkos is taken off the ice on a stretcher after breaking his leg against the Bruins in Boston on Monday. ELISE AMENDOLA/THE ASSOCIATED PRESS

Stamkos injury felt by Bolts, Team Canada

NHL. League's leading scorer out indefinitely with a broken leg

When Steven Stamkos crashed into the post in Boston on Monday afternoon, the shock waves could be felt all the way to Sochi, Russia.

The Tampa Bay Lightning star is out indefinitely with a broken right tibia, an injury that could be a significant blow to Team Canada in its efforts to defend gold at the Olympics. The Markham native was the NHL's leading scorer at the time of his injury and figured to be a lock to make the team.

"Certainly from a Canada perspective, I don't know of a time frame, but certainly probably going to be questionable if he can play in the Olympics," said Detroit Red Wings general manager Ken Holland, who's part of Canada's management team. "Big loss for Tampa, big loss for our league."

Stamkos lost his balance and crashed into the net during the second period of the Lightning's 3-0 loss to the Boston Bruins. He writhed in pain on the ice and appeared to tell a trainer, "It's broken."

The broken tibia will require surgery to repair. The Lightning did not release a time frame, likely in part because the complexity of the

Quoted

"It's unfortunate, and that's the risk of being a National Hockey League player or a professional athlete."

Wayne Gretzky, on Steven Stamkos breaking his leg.

fracture could affect things.

Surgery is set for Tuesday morning.

"The biggest concern for me, and the rest of the Lightning, is that decisions are made in Steven's best long-term interest, and we feel this is the appropriate course of action," Lightning GM Steve Yzer-

man said in a statement.

Yzerman is also Team Canada's GM, making this potentially a double loss. Stamkos had a league-best 14 goals and 23 points in the first 17 games of the season, helping Tampa Bay climb to first place in the Atlantic Division.

Hockey Canada president and CEO Bob Nicholson said the major priority right now is Stamkos's health, not the impact on the Olympics.

"This isn't about the Olympic team," Nicholson said on the red carpet before Monday night's Hockey Hall of Fame induction ceremony. "This is about Steve Stamkos making sure he takes care of himself."

THE CANADIAN PRESS

CFL

Als' Calvillo likely to call it a career

Quarterback legend Anthony Calvillo says he is leaning toward retiring.

The CFL's all-time passing leader said he has not made a final decision, but it is highly possible his 20-year career is over.

"I'm favouring retiring, that's for sure," Calvillo said Monday as the Alouettes cleaned out their lockers after their 19-16 overtime loss to Hamilton in the East semifinal. "That's the way I've been looking at things."

The 41-year-old has not played since August when he suffered a concussion after a routine hit in the backfield in a game against Saskatchewan.

THE CANADIAN PRESS



Anthony Calvillo speaks to reporters on Monday in Montreal. THE CANADIAN PRESS

Soccer

Messi likely finished for 2013

Barcelona star Lionel Messi is expected to be sidelined for the remainder of 2013 after picking up his third leg injury of the season.

The Argentina forward hurt his left leg Sunday in Barcelona's 4-1 victory at Real Betis and medical exams on Monday showed he needs a recovery period of six to eight weeks.

THE ASSOCIATED PRESS

Shanahan targets next generation on checklist



Brendan Shanahan is greeted by Gary Roberts during the 2013 Hockey Hall of Fame Legends Classic game in Toronto on Sunday. BRUCE BENNETT/GETTY IMAGES

It's a ritual of Hockey Hall of Fame induction weekend for members of the selection committee to read the plaques of incoming members.

As chairman Pat Quinn read Brendan Shanahan's on Friday, he paused to go off script.

"The only player in NHL history to record 600 goals and 2,000 penalty minutes," Quinn read aloud before ad-libbing. "You can imagine him giving out the fines and the suspensions today."

That's now Shanahan's job as the NHL's vice-president of player safety.

Life after playing hockey

Brendan Shanahan began working for the NHL as vice-president of hockey and business development in late 2009. In June 2011, he succeeded Colin Campbell as the league's disciplinarian.

Shanahan put up 656 goals and 698 assists in his playing career, numbers that made him worthy of induction Monday night along with defencemen Chris Chelios and Scott

Niedermayer, late coach Fred Shero and Canadian women's team defenceman Geraldine Heaney.

But commissioner Gary Bettman believes Shanahan's legacy will ultimately be defined by what he does in an office. "I think his contributions to the game, based on what he's doing now, will even exceed what he did in the 21 years that he played," Bettman said. "He's making a real mark on how the game is played, making it safer for current players and generations to come." THE CANADIAN PRESS

Leafs D encouraged to get their shots

NHL. Head coach Carlyle says gun shy blue-liners are stunting Toronto's offence

Paul Ranger spoke at Monday's Maple Leafs practice about "finding himself" as he makes his comeback after a three-season absence from the NHL. He isn't alone.

Ranger was front and centre as Toronto coach Randy Carlyle urged his defencemen to take more shots.

Ranger remains something of an enigma. He was an all-star in his previous hockey life with the Tampa Bay Lightning. Now, after the long layoff and some time with the AHL Marlies, he's starting to hit his stride.

"I think the biggest challenge for me is just working through my own personal stuff," said Ranger, who was out of hockey for undisclosed reasons. "Everyone goes through



Paul Ranger is part of a Leafs blue-line coach Randy Carlyle would like to see get more shots on net. GETTY IMAGES

their own personal journey to discover who they are, what they are and where their life is going to take them. For me, it's re-establishing the mindset for hockey. That's the hardest part so far."

The 29-year-old is second on the Leafs at plus-5 to go with five points through 17 games. He's playing a more defence-

minded role in Toronto and is 11th on the team with 18 shots. Leafs blue-liners haven't fired away from the point as often as Carlyle would like, and have accounted for just three goals this season.

"I don't think we shoot the puck enough from the point," Carlyle said. "We keep saying we aren't trying to score goals from there as much as we are trying to get shots on net, to give forwards the opportunity to score goals from in tight."

Ranger embraces the challenges. Returning to NHL game condition has been relatively easy, he says. The mental side has been more of a journey.

"I still feel like it's a work in progress," Ranger said. "I'm working hard. I come here every day for a game or practice and put in my effort to just improve. It's hard to gauge because I'm playing differently than before (in Tampa). I just believe in myself that I still have a lot to give."

TORSTAR NEWS SERVICE

Readers see the writing on the wall.

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Fins pledge to move into '21st century'

NFL. Miami Dolphins owner vows to get to bottom of allegations of bullying scandal

Miami Dolphins owner Stephen Ross has broken his silence on the bullying scandal that has engulfed his team, saying he's appalled by Jonathan Martin's allegations of daily harassment by teammates.

Ross said he plans to meet with Martin on Wednesday at an undisclosed location and that he has been in touch with the tackle through text messages.

"I look forward to that meeting. I think that can help us move forward," Ross said.

Outrage off the ice



"I was appalled," the owner said. "I think anybody would be appalled."

Miami Dolphins owner Stephen Ross on the reports of bullying against Richie Incognito. Jonathan Martin's attorney alleges he was harassed daily, and Incognito acknowledged leaving a voice mail for Martin in April in which he used a racist term, threatened to kill his teammate and threatened to slap Martin's mother.

"I'd like to hear from him what had happened, why he felt that way and what we did and what we could have done to prevent something like this from happening. I want to hear the circumstances, the

facts."

The owner vowed before Monday night's game between the Dolphins and Tampa Bay Buccaneers to get to the bottom of the allegations and create a locker room culture that "suits the 21st century."

"It couldn't have been a worse nightmare," said Ross.

The NFL is investigating Martin's allegations against teammates, including Richie Incognito. Martin, 24, is with his family in California to undergo counselling for emotional issues. Incognito, 30, has been suspended indefinitely.

A special investigator for the NFL will determine whether Incognito harassed Martin, and whether the Dolphins mishandled the matter.

THE ASSOCIATED PRESS

Tennis

Djokovic gets last laugh of 2013

Novak Djokovic capped off a phenomenal autumn by defending his ATP World Tour Finals title with an impressive 6-3, 6-4 win over Rafael

Nadal in a duel between the two dominant players of the season on Monday night in London.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	17	12	5	0	54	42	24
Boston	17	11	5	1	48	30	23
Toronto	17	11	6	0	51	40	22
Detroit	18	9	5	4	45	48	22
Montreal	18	9	8	1	48	40	19
Ottawa	17	7	6	4	53	51	18
Florida	18	3	11	4	37	64	10
Buffalo	19	3	15	1	33	61	7

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	17	11	6	0	50	40	22
Washington	18	9	8	1	57	52	19
NY Rangers	17	9	8	0	39	46	18
Carolina	17	6	7	4	32	48	16
New Jersey	17	5	7	5	35	44	15
NY Islanders	18	6	9	3	51	60	15
Columbus	16	6	10	0	41	46	12
Philadelphia	16	5	10	1	26	44	11

Philadelphia's result

Boston 3 Tampa Bay 0

Sunday's results

Montreal 4 NY Islanders 2

New Jersey 5 Nashville 0

NY Rangers 4 Florida 3

Chicago 5 Edmonton 4

Colorado 4 Washington 1

Winnipeg 5 San Jose 4 (SO)

Anaheim 3 Vancouver 1

Tuesday's games

All Times Eastern

Los Angeles at Buffalo, 7 p.m.

Colorado at Carolina, 7 p.m.

Nashville at NY Islanders, 7 p.m.

Columbus at Washington, 7 p.m.

New Jersey at NY Rangers, 7 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	16	14	2	0	54	28	28
Chicago	18	12	2	4	66	49	28
St. Louis	15	11	2	2	52	34	24
Minnesota	18	10	4	4	48	40	24
Nashville	17	8	7	2	37	54	18
Dallas	17	8	7	2	46	52	18
Winnipeg	19	8	9	2	50	55	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	19	15	3	1	66	45	31
Phoenix	18	12	4	2	60	56	26
San Jose	17	10	2	5	63	41	25
Vancouver	20	11	7	2	54	54	24
Los Angeles	17	11	6	0	50	41	22
Calgary	17	6	9	2	47	61	14
Edmonton	19	4	13	2	48	75	10

Note: Two points for a win, one point for overtime loss.

Winnipeg at Detroit, 7:30 p.m.

Anaheim at Florida, 7:30 p.m.

Philadelphia at Ottawa, 7:30 p.m.

Tampa Bay at Montreal, 7:30 p.m.

Phoenix at St. Louis, 8 p.m.

San Jose at Calgary, 9 p.m.

Wednesday's games

Toronto at Minnesota, 7:30 p.m.

Philadelphia at Pittsburgh, 8 p.m.

Dallas at Edmonton, 10 p.m.

Thursday's games

Los Angeles at NY Islanders, 7 p.m.

Columbus at Boston, 7 p.m.

Anaheim at Tampa Bay, 7:30 p.m.

Philadelphia at Chicago, 8 p.m.

Colorado at St. Louis, 8 p.m.

Dallas at Calgary, 9 p.m.

San Jose at Vancouver, 10 p.m.

MLS PLAYOFFS

CONFERENCE FINALS

(Two games, total goals)

Sunday's result

Real Salt Lake 4 Portland 2

Saturday's result

Kansas City 0 Houston 0

Saturday, November 23 — All Times Eastern

Houston at Kansas City, 7:30 p.m.

Sunday, November 24

Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

DIVISION SEMIFINALS

Sunday's results

Hamilton 19 Montreal 16

Saskatchewan 29 B.C. 25

DIVISION FINALS

Sunday, Nov. 17 — All Times Eastern

Hamilton vs. Toronto, 1 p.m.

Saskatchewan vs. Calgary, 4:30 p.m.

NBA

Back pain puts Nash on sidelines

Steve Nash will be out of the Los Angeles Lakers' lineup for at least two weeks with nerve root irritation.

The Lakers announced the latest injury setback for the two-time NBA MVP on Monday after Nash consulted with a back specialist. THE ASSOCIATED PRESS

Soccer

Death threats put halt to Italian derby

About 30 supporters of the southern Italy club Nocerina have been identified for allegedly issuing death threats to players, which prompted a third-division derby to be abandoned in the latest case of fan violence to mar Italian football.

THE ASSOCIATED PRESS

MLB

Fernandez, Myers named top rookies

Miami Marlins Right-hander Jose Fernandez and Tampa Bay Rays outfielder Wil Myers were selected baseball's Rookies of the Year on Monday. Fernandez was 12-6 with a 2.19 ERA and 187 strikeouts and Myers batted .293 with 13 home runs and 53 RBIs.

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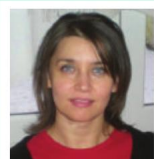


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Horoscopes

♈ Aries

March 21 - April 20

Some people never stop moaning and you will give them something to moan about! Misery loves company but you have no intention of joining them in their pathetic "woe is us" mind-set.

♉ Taurus

April 21 - May 21

You may have to burn the candle at both ends to make up for falling behind in your schedule but it will be worth it. Just remember that after you have reached your goal you should take it easy.

♊ Gemini

May 22 - June 21

What you hear about today will tell you all you need to know about someone's motive. Whether you consider it "good" or "bad" is not important. What matters is that you can work together.

♋ Cancer

June 22 - July 23

Jupiter in your sign is linked with the Sun in Scorpio today, so what you choose to do with your time will not only be successful but a lot of fun. Try not to overdo it but, if you do, the hangover will be worth it.

♌ Leo

July 24 - Aug. 23

If you have done something you are proud of, shout about it. The more you make a show of your talents now, the more opportunities will come your way later.

♍ Virgo

Aug. 24 - Sept. 23

Use your mind today. You won't need to force others to do your bidding as long as you ask nicely, and show them how they can benefit too.

♎ Libra

Sept. 24 - Oct. 23

This may be a time of big changes in your affairs but that does not mean you can afford to be reckless. The planets warn if you go over the top today, it could cost you.

♏ Scorpio

Oct. 24 - Nov. 22

Some of the goals you have set may seem optimistic but you have faith in your abilities. Can you move mountains? Well, most mountains, if they see you bearing down on them, will get out of the way.

♐ Sagittarius

Nov. 23 - Dec. 21

Stick to the facts and don't let wishful thinking turn your head. You need to be realistic about what you are doing and what your prospects are for success. They're excellent, but you still need to plan carefully.

♑ Capricorn

Dec. 22 - Jan. 20

Don't make an issue of it if someone disagrees with your opinions today. There is no reason why you should take it personally and if you do, it will put you at a disadvantage.

♒ Aquarius

Jan. 21 - Feb. 19

You are in one of those moods when you either take things too seriously or you take nothing seriously at all. Either way, you will upset people, but that's OK. It's part of your role in life to stir things up.

♓ Pisces

Feb. 20 - March 20

The Sun and Jupiter combine across the two most dynamic areas of your chart today, making this the ideal time to get started on a project you've been planning. **SALLY BROMPTON**

Crossword: Canada Across and Down

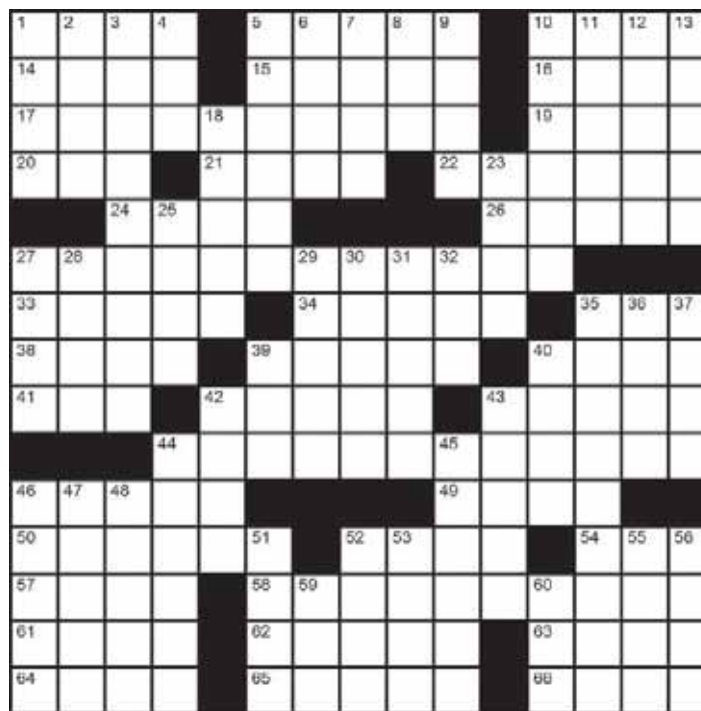
Across

1. Uncertain
5. Maples
10. Assemble the dried clothes
14. Extra
15. Biathlon gear
16. Biblical twin
17. Klondike Gold Rush participant
19. Tears
20. Speaks, slang-style
21. Tori of tunes
22. Author Mr. Hemingway
24. Currency across the Atlantic
26. Buenos _____
27. _____ Party of Canada
33. Mr. Fudd of 'Bugs Bunny' fame
34. Wipe the _____ clean
35. Type of dog
38. Curved musical line
39. Unyielding
40. Sickness relief
41. Small amount
42. Started
43. _____ Wrap (Kitchen roll)
44. It's been moving northwestwardly from the Canadian Arctic in the direction of Russia, North _____
46. Eyewear, colloquially
49. Sir Coward of plays
50. Wish for: 2 wds.
52. '60s band, The _____

- Brummels
54. Curve
57. Wine-producing region in Italy
58. Sketch comedy show gig: 2 wds.
61. Keyboard key
62. The Beatles generated lots of it!
63. Pre-stereo
64. Boat's stability

- provider
65. Fatty, in cooking
66. Ship's figurehead site
- Down**
1. Pixies
2. Golfer's "Look out!"
3. Permafrost, as some might call it: 2 wds.

4. Positive response
5. Ground shaker
6. Puerto _____
7. Tiny amphibians
8. "Shine a Little Love" gr.
9. Parched
10. Mountain city in southeastern BC
11. Wickerwork material
12. _____ of judgment
13. Does some housework
18. Potato gadget
23. Electronica music dance party
25. Selfish sort
27. "_____ la vie!"
28. Stewpot
29. Signal for peace
30. Pond buildup

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

31. Corrupt
32. "_____ be my pleasure."
35. Canadian ship-ping company
36. The _____ Mountains (Range in Russia)
37. Singing cowboy Mr. Autry
39. Li'l rule
40. Superhero's outfit part
42. Rope fibre
43. Sprinkle the Comet, proceed to what?
44. Concordia's rival in Montreal
45. Sort of: 3 wds.
46. Looseness
47. Mail, in Montreal
48. Between: French
51. Electrical resistance units
52. Scourge
53. Modify
55. Montreal-born singer, Ginette _____
56. Brag about
59. _____ de Cologne
60. Rapsallion

Yesterday's Crossword



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Yesterday's Sudoku



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NORTH YORK
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OSHAWA
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1712A Queen Street East
250 Queen Street West
1448 Queen Street West
222 Spadina Avenue, Unit 3A
363 Yonge Street
2300 Yonge Street, Unit S22, concourse level
2674 Yonge Street
5150 Yonge Street, Unit G3
6064 Yonge Street
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Cedarbrae Mall
College Park
Dufferin Mall
East York Town Centre
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